

**New Classes Starting Soon!**  
**Interested in joining an upcoming class?**  
**Fill out the online 'interest' survey**

**Diabetes Prevention Interest Survey:**

<https://forms.office.com/r/kbnlUJYH1a>

For questions, call: 309.929.0395



# TAKE ACTION

## Prevent Diabetes

Cost of  
the 12 month  
program is  
**\$50.00**

\*Medicare &  
Medicaid  
cover the cost  
for individuals  
with an  
A1C of  
5.7% - 6.2%.

## DIABETES PREVENTION PROGRAM



### *Eat for Improved Health*

What you eat and drink impacts your health and wellbeing. This program will help you improve your health & prevent diabetes through adopting healthy nutrition practices.



### *Increase Physical Activity*

Just increasing your weekly activity to 150 minutes per week decreases your risk of developing diabetes. This program offers support and encouragement as you move toward increasing your activity level.



### *Find Support/ Accountability*

Reaching and maintaining a healthy lifestyle drastically decreases your risk of developing Type 2 diabetes. This program offers support and accountability as you strive to make healthy changes to your lifestyle.



Type 2 Diabetes CAN BE prevented! The Diabetes Prevention Program provides you with a lifestyle coach to support, encourage, and hold you accountable as you work to make a healthy lifestyle change proven to PREVENT Diabetes!

Questions?  
Give us a  
call today!



309-929-0395



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