

# NATIONAL DIABETES PREVENTION PROGRAM



The National Diabetes Prevention Program is for people at risk of developing type 2 diabetes. You will work with a trained lifestyle coach and other participants who share similar challenges as you. Together, you will learn new and simple ways to:

- Eat healthier
- Exercise at your level
- Manage stress and stay motivated
- Overcome obstacles that can get in the way of your progress
- Make small lifestyle changes over time



Reduce your risk of developing type 2 diabetes



16 weekly sessions, then one session every 2 weeks for 8 months



This program is covered by both Medicare and Medicaid in Oregon.

**Call (833) 673-9355 to learn more.**

This program is available in English and Spanish. OWN offers evidence-based classes to address both prediabetes and type 2 diabetes.

