Did you know that one out of three U.S. adults has prediabetes? Most don’t know it.

What is prediabetes?
This means your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. Nearly 90 percent of adults who have prediabetes don’t know they have it.
Those who have prediabetes combined with poor weight management and/or minimal physical activity could develop type 2 diabetes within five years.

It's time to take charge of your health. Prevent Type 2 diabetes with the National Diabetes Prevention Program.
This CDC-approved 12 month program is given in 16 weekly sessions, followed by monthly maintenance sessions. Our lifestyle coaches are typically Registered Dietitians or Registered Nurses and will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes.

Participating in this program will help you:
▶ Learn the skills you need to lose weight, be more physically active, and manage stress
▶ Connect with a lifestyle coach to guide and encourage you
▶ Gain support from other members who have similar goals.

Dignity Health WomensCare & Community Outreach at 2651 Paseo Verde Pkwy., Ste. 180 Henderson, NV 89074
Time: 1 p.m. to 2 p.m.

2017 Classes
Thursday, Jan. 12, 19 and 26
Thursday, Feb. 16 and 23
Thursday, Mar. 9 and 16
Thursday, Apr. 6 and 20
Thursday, May 4 and 11
Thursday, June 1, 8 and 29

2017 Classes Con't
Thursday, July 6 and 13
Thursday, Aug. 3
Thursday, Sept. 7 and 21
Thursday, Oct. 5 and 19
Thursday, Nov 2 and 16
Thursday, Dec 7

Take advantage of our class discount - $40 to enroll, $10 per session!
To register, please call 702-616-4914.
Let's work together towards a healthier you!