

# Diabetes Prevention Program

ONLINE  
WORKSHOP

## Small Steps Now to Prevent Diabetes Later

One in three adults has prediabetes. Without taking action, many with prediabetes will develop type 2 diabetes, which is a leading cause of kidney, eye, and heart diseases.

Taking small steps now — like becoming more active and losing a moderate amount of weight — can help you change your risk for diabetes.

The Diabetes Prevention Program will guide you to a healthier, happier life by supporting you to make key lifestyle changes, including:

- » Increasing physical activity
- » Portion control
- » Finding a healthy weight
- » Group support
- » Stress management
- » Staying motivated

The Diabetes Prevention Program is 16 weekly sessions, followed by 8 monthly sessions.

## Location

Participate from anywhere. You just need a computer, tablet, or smartphone with internet connection.

## Test Your Risk Today!

Visit [ReadySetPrevent.org](https://www.ReadySetPrevent.org) to take a diabetes risk test to find out if this workshop is right for you.

## Questions?

Call 800.482.1455 or email [PreventDiabetes@nkfm.org](mailto:PreventDiabetes@nkfm.org).

## Cost

No cost to PHP members!

