

NATIONAL DIABETES PREVENTION PROGRAM

Have you been wanting to get healthier,
but just didn't know where to begin?

This program is for YOU!

What's YOUR reason for being your best self?

Here's what you'll get in the National DPP:

What you get in the program:



A trained
lifestyle coach



CDC
approved
curriculum



16 weekly group
coaching sessions
with twice-monthly
follow up



Group
support

Learn a healthy lifestyle:



Eat healthy



Manage stress



Incorporate
physical
activity into
daily routine



Overcome
barriers to making
healthy changes

Get connected to a class today!

For more information, contact
Women's & Men's Health Program at
531.530.7106

Every Woman Matters



Join the Movement Today!



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES