



**CHESAPEAKE REGIONAL
HEALTHCARE**

LIFESTYLE & WELLNESS

DIABETES PREVENTION PROGRAM



My husband and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.

Our Diabetes Prevention Program (DPP) can help you lose weight, become more physically active, and reduce stress. With DPP, you get:

- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A FREE year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months
- Support from others like you as you learn new skills

Join the DPP — so you can keep doing the things you love.

For more information and to register, please call **Terry Lumber** at **757-312-5263**.

PROGRAM ELIGIBILITY

- 18 years of age or older
- Must not be pregnant
- Must meet body mass index (BMI) requirements
- A diagnosis of prediabetes or a positive screening test for prediabetes
- Participants can not have a previous diagnosis of type 1 or type 2 diabetes

