

A HEALTHIER YOU THIS FALL!

1 in 3 adults in the U.S. has prediabetes.

This serious health condition increases your risk for developing type 2 diabetes, heart disease and stroke.

But you can change the outcome.

Join a Diabetes Prevention Program

Employees with district-sponsored health insurance can join at no charge. Other insurance and self-pay options available.

Classes start September 9 from 4:15-5:15 pm.

Center for Academic Achievement, Room 2041

8200 W 71st St

Overland Park, KS 66204

Register at Solera4me.com today!



Lose Weight



Eat Healthy



Be More Active

The Diabetes Prevention Program (DPP) is a lifestyle-change program that helps people with prediabetes lose 5 to 7 percent of starting body weight and increase physical activity minutes to 150 per week. Program is 24 sessions.

Take advantage of this proven program to get the support you need to make healthier choices. Questions? Email dpp@jocgov.org.