

National Diabetes Prevention Program

Center for Disease Control and Prevention - In-person and Online



Free community workshop

National Diabetes Prevention Program is for people diagnosed with prediabetes, at high risk of having type 2 diabetes, or meet the CDC screening requirements.

Link to www.cdc.gov/diabetes/takethetest/

This workshop will help you gain confidence about lifestyle changes including nutrition, exercise and goal setting.

Meets for 1 year, at least 24 sessions, 1 hour each week: 16 weekly then 8 monthly

Topics include:

- Nutrition
- Adding and maintaining physical activity
- Managing stress
- Staying motivated
- Problem solving skills
- Coping skills
- Taking charge of your thoughts
- Keeping the weight off
- Support from others like you
- Prevent or delay type 2 diabetes

For more information:



samhealth.org/HealthEdHub



SHSHealthEd@samhealth.org



541-768-6811 or 866-243-7747



The Regional Health Education Hub is a partnership between multiple community organizations working to streamline health education programming across Benton, Lincoln, and Linn Counties. Our purpose is to support community members and clinicians by providing easy access to a range of evidence-based health education programming options.

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