

Diabetes Prevention Program

The National Diabetes Prevention Program is a year-long evidenced based program recognized by the CDC. This proven program can help you make modest lifestyle changes and cut your risk of Type 2 Diabetes by more than half.

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The program provides the training and support to change your life. Most important, the goals are reachable. You don't feel like you're trying to achieve the impossible. The program acknowledges the fact that we are all individuals and teaches us how to make changes that fit in with our various lifestyles.

- Current participant

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New Group starting March 14 2023

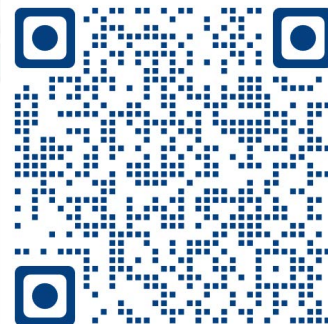
Tuesday evenings 6-7 pm

Via Zoom (with quarterly in person meetings)

Call **360-778-5832**

email **Kate.Foster@wsu.edu**

or use the QR code to see if you qualify



[https://
extension.wsu.edu/
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