



STARTING SOON! Class Details



WHEN:

- **INFORMATION SESSION: Tuesday, July 29th at noon.** Join for information on the program and meet your coach.
- **First Class: Tuesday, August 5th at 6:00 PM**
- The program lasts 12 months.



ELIGIBILITY:

- Over 18
- Overweight (BMI \geq 25)
- Diagnosis of prediabetes (blood test or questionnaire)



WHERE:

Over Zoom.

[Click here to attend the Information session](#)



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University of Arizona Diabetes Prevention Program

The University of Arizona Cooperative Extension offers the Diabetes Prevention Program (DPP) across the state. The program is designed for those who are at high risk of developing type two diabetes or who have been diagnosed with prediabetes.

- Proven lifestyle change program
- Cut your risk of developing diabetes in half!
- Learn how to develop healthy behaviors to prevent diabetes
- **FREE OF CHARGE! (To eligible participants)**

www.preventdiabetesAZ.org



**NATIONAL DIABETES
PREVENTION PROGRAM**



THE UNIVERSITY OF ARIZONA
Cooperative Extension

Class Schedule

| Class Title | Date & Time | Class Title | Date & Time |
|-------------------------------------|------------------|---------------------------------|------------------|
| Introduction to the program | 8/5/25 6 PM | Get Back on Track | 11/18/25 6 PM |
| Get active to prevent T2 | 8/12/25 6 PM | Get Support | 12/2/25 6 PM |
| Track your activity | 8/19/25 6 PM | When Weight Loss Stalls | 12/16/25 6 PM |
| Eat well to prevent T2 | 8/26/25 6 PM | Take a Movement Break | 12/30/25 6 PM |
| Track your food | 9/2/25 6 PM | Keep Your Heart Healthy | 1/13/26 6 PM |
| Get more active | 9/9/25 6 PM | Shop and Cook to Prevent Type 2 | 1/27/26 6 PM |
| Energy In, Energy Out | 9/16/25 6 PM | Stay Motivated to Prevent T2 | 2/10/26 6 PM |
| Eating to Support Your Health Goals | 9/23/25 6 PM | Find Time for Physical Activity | 2/24/26 6 PM |
| Manage Stress | 9/30/25 6 PM | Get Enough Sleep | 3/24/26 6 PM |
| Eat Well Away from Home | 10/7/25 6 PM | Stay Active Away from Home | 4/21/26 6 PM |
| Manage Triggers | 10/14/25 6 PM | More About Type 2 | 5/19/26 6 PM |
| Stay Active to Prevent Type 2 | 10/21/25 6 PM | More About Carbs | 6/16/26 6 PM |
| Take Charge of Your Thoughts | 11/4/25 6 PM | Prevent T2 for life | 7/14/26 6 PM |