



## STARTING SOON! Class Details



**WHEN:**  
Information Session: **March 30<sup>th</sup> at 5:30 PM**  
First Class **Tuesday April 27<sup>th</sup> 5:30** to 6:30 PM. The program lasts 12 months.



**ELIGIBILITY:**  
Must be over 18, and have diagnosis of pre-diabetes or be eligible by a simple questionnaire.



**WHERE:**  
Online in Zoom



**CONTACT:**  
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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!**
- For more info, visit [www.preventdiabetesaz.org](http://www.preventdiabetesaz.org)

