The University of Arizona Cooperative Extension offers the National Diabetes Prevention Program (NDPP) 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
- For more info, visit [www.preventdiabetesaz.org](http://www.preventdiabetesaz.org)

**University of Arizona Diabetes Prevention Program**

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**WHEN:**
**Thursday, August 13, 2020**
4:00 to 5:00pm.

**WHERE:**
Virtual- Please email Melissa directly for the link

**CONTACT:**
Melissa Wyatt, (928) 726-3904
melb2@arizona.edu

Learn how you can lower your A1C or Fasting Blood Glucose

We still have slots available but hurried the number of spots is limited!