



JOIN US!

Information Session

Learn more about diabetes and the program shown to lower your risk.



WHEN:

**Friday, April 8, 2022
11:30 – 12:30 PM**



ELIGIBILITY:

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



WHERE:

Zoom. [Register here](#)



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Did You Know 1 in 3 Adults Has Prediabetes?

The University of Arizona Cooperative Extension offers the CDC's **Diabetes Prevention Program** across the state. The program is for people at high risk of developing type two diabetes.

- Proven lifestyle change program
- Cut your risk of developing diabetes in half!
- Meet as a group for 12 months
- Learn how to develop healthy behaviors to prevent diabetes
- **For Eligible Participants: FREE OF CHARGE!**

www.preventdiabetesAZ.org



THE UNIVERSITY OF ARIZONA
Cooperative Extension