DIABETES PREVENTION PROGRAM

Reach your goals by making **gradual, healthy, reasonable changes** in eating and activity - the kinds of changes you can stick with for a lifetime.

**Intro Session**
June 28 • 130 Hoagland • 12-1PM

**Remaining Sessions**
Thursday, July 5 - June 20, 2019 • 130 Hoagland • 12-1PM

This group-based program includes 22 sessions during a 1-year period. Goals are to **achieve and maintain a 7% weight loss** with healthy eating and an active lifestyle. This program can reduce the chance of developing Type 2 Diabetes by 58% for those under 60 and 71% for those 60 and older.

**SIGN UP**
[ surveymonkey.com/r/UCDdpp18-19 ]

Questions?
wellbeing@ucdavis.edu
(530) 752-6051