Reach your goals by making **gradual, healthy, reasonable changes** in eating and activity - the kinds of changes you can stick with for a lifetime to reduce the chance of **developing Type 2 Diabetes**.

**UCD AVES**
**DIABETES PREVENTION PROGRAM**

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**Wednesdays, starting Jan. 15, 2020**
**Noon-1 p.m.**
The Grove (Surge III), Room 1310

Meetings are weekly for the first 3 months, every other week for months 4 - 6 and monthly for the remaining 6 months. Basic qualifications are based on BMI, family history and lifestyle habits.

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 your chance of **developing Type 2 Diabetes** by 58% for those under 60 and 71% for those 60 and older.

**SIGN UP**
https://www.surveymonkey.com/r/DPPJan2020

Questions? wellbeing@ucdavis.edu
(530) 752-6106