

UC **Because it Works** DIABETES PREVENTION PROGRAM



Say “not me” to diabetes.

If you have prediabetes or are at risk for developing type 2 diabetes, the UC Diabetes Prevention Program can help. It's a free, one-year program for all UC employees and their families that teaches you how to make meaningful and lasting changes that can drastically reduce your chances of developing diabetes. Take a one-minute test to see if you're at risk:

<https://doihaveprediabetes.org/>

Information Session

Wednesday, March 13, 2024
6:00pm-7:00pm via zoom

Class Schedule

Wednesdays
6:00pm-7:00pm

Sign Up

Register [here](#)



Questions?

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