



One year lifestyle change program designed for adults who have prediabetes or are at risk of developing type 2 diabetes.

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 by scanning the QR code to see if you’re at risk:



Information Session

Tuesday, October 22
12:00pm - 1:00pm



Class Schedule

Live zoom classes on
Tuesdays 12pm-1pm
First Class is October 29



Register

Scan below to fill out the
eligibility survey.

