

NATIONAL DIABETES PREVENTION PROGRAM



- This program was developed specifically for people who have prediabetes or are at risk for type 2 diabetes, **but who do not already have diabetes.**
- Receive weekly support from a trained lifestyle coach for a year.
- Improve overall health by losing weight and becoming more active.
- Program covered by Medicare and Medicaid.

Join us for an in-person class
Location: Adapt Integrated Health Care
621 W Madrone St, Room 135
Roseburg OR 97470

Info session: Tuesday, April 30th
from 2:30-3:30p.m.

First session: Tuesday, May 7th
from 2:00-3:30 p.m.

For information or to register,
call (541) 440-3500 or visit
oregonwellnessnetwork.org

