

TMC Diabetes Prevention Program



AN EVIDENCE-BASED LIFESTYLE CHANGE PROGRAM DESIGNED TO PREVENT OR DELAY TYPE 2 DIABETES.

THE PROGRAM

A year-long program where you will learn how to eat healthy, add physical activity to your routine, manage stress, stay motivated and solve problems that can get in the way of your goals.

THE RESULTS

Participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing Type 2 diabetes by up to 58% (71% for people over 60 years old).

THE BENEFITS

You don't have to wait to feel the benefits—when you start making healthy changes, you get rewards right away:

- Eat healthy without giving up all the foods you love
- Add physical activity to your life, even if you don't think you have time
- Manage stress
- Cope with challenges that can derail your hard work ex. Eating out
- Get back on track if you stray from your plan—because everyone slips now and then

AT A GLANCE



SCHEDULE

- In-person meetings with group support
- 12 months - 26 classes - 1 hour each
- 16 weekly - 4 biweekly - 6 monthly

COST

- Medicare: free
- Other Insurance: \$80 for entire program



Starting Point

What's motivating you to take this journey?



For registration and information call **(520) 324-3526** or email **diabetes@tmcaz.com**