

DIABETES PREVENTION PROGRAM INFO SESSIONS



A Year Long Program Hosted By Lifestyle Coach Rene Dykstra

Led by lifestyle coach Rene Dykstra, this CDC lifestyle change program helps participants to learn the skills you need to make small lifestyle changes to help reverse pre diabetes and prevent type 2 diabetes. This program will meet every week for six months and then meet once a month for the remainder of the year. **Registration is required.** For questions regarding the program and to register, email Rene Dykstra at dykstrr@dph.sc.gov



Virtual Information Sessions on Zoom

Tuesday, September 24 @ 11 a.m.

Wednesday, September 25 @ 2 p.m.

Thursday, September 26 @ 11 a.m.



MAKE A CHANGE START TODAY!

Join Zoom Meeting

<https://us02web.zoom.us/j/85978168730>

Meeting ID: 859 7816 8730

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds.
- Are physically active fewer than 3 times per week

