



Diabetes Prevention Program:

It's never too late to reduce your risk of diabetes

If you have already been diagnosed as being pre-diabetic or are at risk of diabetes, the Sun Health Center for Health & Wellbeing is here to help. We're proud to offer a 16-week Diabetes Prevention Program, followed by six monthly maintenance sessions, specifically designed for pre-diabetics and those at risk.

You are at risk for diabetes if you:

- > Are over weight
- > Are under active
- > Are over the age of 45
- > Have a family history of diabetes

The research-based curriculum, developed by the Centers for Disease Control, has proven to decrease the risk of diabetes by 58 percent among participants who actively adopt the lifestyle recommendations. **The 22-hour program is available for a modest out-of-pocket fee of \$220, which breaks down to only \$10 a session!**

2015 Class Locations:

Litchfield Park

Mondays at 1:00 pm

16-Week Series Starting On:

January 26, 2015
June 15, 2015

14260 Denny Blvd.
Litchfield Park, AZ 85340

Surprise

Wednesdays at 3:00 pm

16-Week Series Starting On:

January 28, 2015
June 17, 2015

14719 W Grand Avenue
Surprise, AZ 85374

Sun City

Thursdays at 1:00 pm

16-Week Series Starting On:

January 29, 2015
June 18, 2015

13180 N 103rd Drive
Sun City, AZ 85351



Call (623) 832-WELL (9355) to register.

Registration and completed paperwork are required 5 business days prior to the class start date.