The Diabetes Prevention Program helps people lower their chance of developing type 2 diabetes and other serious health problems, like heart disease or stroke.

If you have prediabetes or are at risk and want to make a healthy lifestyle change, this national program will help you:

- Develop skills to make healthier choices
- Get the long-term support you need to stick with the changes
- Feel better and inspire your friends and family to do the same!

This program includes:

- **Expert guidance.** A trained lifestyle coach will share knowledge and tools to help you reduce stress, get more physical activity, and eat healthier. You will learn how to become a calorie detective, how to fit physical activity into a busy schedule, and much more.

- **A supportive community.** You don’t have to do this alone. Group support and discussion with others who share similar goals and struggles will keep it fun!

- **Weekly 1-hour class held at the same time each week.** Classes meet once a week for 16 weeks, then once or twice a month for the rest of the year.

Note: This program is not designed for people who already have type 2 diabetes.

**Take the first step!**

MaineHealth offers free classes across Maine and parts of New Hampshire. Visit [mainehealth.org/preventdiabetes](http://mainehealth.org/preventdiabetes) to find classes near you!

---

**Want to learn more?**

- Call 207-661-7294 to chat with our team
- prevention@mainehealth.org
- [mainehealth.org/preventdiabetes](http://mainehealth.org/preventdiabetes)