

YOU CAN MAKE A CHANGE FOR LIFE



Banner-University Medical Center's Diabetes Prevention Program

Online Group Sessions
Wednesdays starting 8/12/2020
12:00 – 1:00 pm or 5:30 - 6:30 pm

Open to all qualifying Pima County employees and dependents (18+). Employees can earn **10 Healthy Lifestyle Activity Points** per session and up to **\$200** in gift cards for participating throughout the program. * Space is limited.

**All gift cards are subject to taxation.*

Call 520-694-8041 or email
Charles.Palm@bannerhealth.com
to get started

**Have you ever been told
by a health care
professional that you?**

- ✓ Are at risk for getting diabetes?
- ✓ Have prediabetes?
- ✓ Have borderline diabetes?
- ✓ Have high blood sugar or glucose?
- ✓ Had diabetes when you were pregnant?
- ✓ Have a family history of diabetes?

**You may be at high risk
for type 2 diabetes, but
there is something you
can do about it.**

Join our expert coaches who work with small groups of adults to help you become healthier through weight loss and fitness and to prevent getting type 2 diabetes!

Take part in 16 weekly, 1-hour group sessions* and 6 monthly follow-up sessions over one year. This program is designed to help you make the changes you need!

**Group sessions conducted confidentially using HIPAA-compliant protocols. Program is free.*

