

**Does diabetes run in your family?**

**Are you overweight?**

**Do you sit more than you move?**

**If you answered “yes” to any one of these questions you are at risk for type 2 diabetes.**

**Take the first step towards a healthier lifestyle and join us!**

The FREE National DPP is a 12-month program delivered virtually via your mobile phone or computer.

The National DPP is a private secure experience that includes:

* 26 video lessons via mobile phone or computer over 12 months
* Weekly lessons for initial 4 months followed by monthly lessons
* Unlimited Lifestyle Coach engagement for 12 months
* Participants can view weekly video lessons at their convenience
* Online community to share experience with individuals in your group
* Lifestyle Coach to lead your program and give you personal feedback throughout 12-month program
* Meal photo-journaling, activity tracking, recording parameters for Lifestyle Coach customized feedback regarding your progress.

**Weekly on Monday’s, at your leisure when convenient for you**

**Beginning 10/05/20 – 10/05/21**

**To register visit** [https://www.eventbrite.com/e/online-prevent-t2-national-diabetes-prevention-program-tickets-116428100583](http://post.spmailtechnol.com/f/a/FK9z0VQxSvGAhR-hOtn7Dw~~/AAQxAQA~/RgRhEtlYP0TKaHR0cHM6Ly93d3cuZXZlbnRicml0ZS5jb20vZS9vbmxpbmUtcHJldmVudC10Mi1uYXRpb25hbC1kaWFiZXRlcy1wcmV2ZW50aW9uLXByb2dyYW0tdGlja2V0cy0xMTY0MjgxMDA1ODM_dXRtX3NvdXJjZT1ldmVudGJyaXRlJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPXBvc3Rfb2xkX3B1Ymxpc2gmdXRtX2NvbnRlbnQ9ZnVsbExpbmtPbGRFbWFpbFcDc3BjQgoASNilMV8NfJhFUiBjaW5keS5taXNzbGluZ0BtZXJpdHVzaGVhbHRoLmNvbVgEAAAAAA~~)  **or call Meritus Community Health Education at 301-790-8907**