



# Small Steps Can Prevent Diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. The **National Diabetes Prevention Program** will help you take steps to prevent diabetes.

Recognized by the Centers for Disease Control and Prevention, it is an intensive twelve-month lifestyle change program being offered by the Valley Health Diabetes Management Program. With 16 classes in the first six months, followed by monthly classes for the remaining six months, the program is designed for those individuals ready to make a lasting change.

**NEW!**

Connect from your home or office to attend meetings.

**Information Sessions:** Thursday, April 1, 12 noon-1 p.m. and  
Thursday, April 8, 12 noon-1 p.m.

**First Class:** Thursday, April 15, 12 noon-1 p.m.

For more information or to register, call 540-536-5108

