

**RESPONSE  
DEADLINE!!!**

Thursday,  
August 11<sup>th</sup>

# NATIONAL DIABETES PREVENTION PROGRAM



## Lifestyle Coach Training

### What is the National Diabetes Prevention Program?

It is a 12-month lifestyle change program for people who are diagnosed to be pre-diabetic and are at risk of developing Type 2 Diabetes

### **What does a Lifestyle Coach do?**

They become part of our **TEAM** of Coaches who work together to facilitate the program on a weekly basis.

The classes are **ONE (1)** hour per week.

Classes can be delivered either 'in-person' or 'virtual'.

The entire program takes one year to complete,  
*but an individual Coach is not expected to lead every class.*

This training is being provided through collaboration with NYS Department of Health and as a result of our Recognition from the CDC

**This training is FREE for you to attend**

It is provided VIRTUALLY on the following dates and times:

September 20, 22, 27 and 29: 9:00 am – 12:00 noon

*You can attend the training from the comfort of your home!*

**Help us expand diabetes prevention efforts in YOUR community!**



For more information contact **Donna Johnson** today!

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**Wayne County Action Program, Inc.**

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