

Get a Healthy Lifestyle back!

Don't let Covid 19 get the Best of You!

I CAN Prevent Diabetes Program, a CDC-approved curriculum, is designed for people with prediabetes or at risk for diabetes. This free program may be for you if you are:

- At risk for but NOT currently diagnosed with diabetes
- Overweight
- Not pregnant
- Have a history of gestational diabetes



Learn how to create a healthier lifestyle and its role in preventing diabetes;

- Year long program with 22 sessions, first 16 sessions are weekly, 6 sessions are monthly.
- Each session is one-hour long.
- The I Can Prevent Diabetes offers diabetes prevention education and support for people with prediabetes to lose weight, eat healthier and increase physical activity.
- An individual with prediabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5 - 7% weight loss (usually about 10 - 15 pounds) often work to bring blood sugar levels back down to a healthy range.
- **There is no fee for this class.**

I Can Prevent Diabetes will be held on Tuesday's at 10:00 am starting on June 24th. Participants will join in through ZOOM.

Registration is Required:

Contact **Carolyn McQueen** or **Samantha Barron**, University of Minnesota SNAP-Ed Educators, at cmcqueen@umn.edu or stewa465@umn.edu, 218-831-4523 or 320-290-6475

After registration each participant will receive a workbook by email or through the mail. Need help with ZOOM? We can help you with that before the sessions begin.

Topics for the First 16 Sessions

- 1 Welcome and Getting Started
- 2 Be a Fat and Calorie Detective
- 3 Ways to Eat Less Fat and Fewer Calories
- 4 Healthy Eating
- 5 Move Those Muscles
- 6 Being Active: A Way of Life
- 7 Tip the Calorie Balance
- 8 Take Charge of What's Around You
- 9 Problem Solving
- 10 Four Keys to Healthy Eating Out
- 11 Talk Back to Negative thoughts
- 12 The Slippery Slope of Lifestyle Change
- 13 Jump Start Your Activity Plan
- 14 Make Social Cues Work for You
- 15 You Can Manage Stress
- 16 Ways to Stay Motivated

