

Take Control Before Diabetes Starts

Sparta Community Hospital offers classes based on the CDC's National Diabetes Prevention Program, designed to help prevent or delay Type 2 diabetes.

1 OUT OF **3**  **US Adults** **HAS PREDIABETES,** **ONLY 11% KNOW THEY HAVE IT.**

Without lifestyle changes, many people with prediabetes develop Type 2 diabetes within 5 years. **Small changes today can make a big difference.**

Program Overview

This year-long lifestyle program led by Courtney Johnson, begins with 16 weekly group sessions focused on building healthy habits around nutrition, physical activity, and weight management.

Participants receive:

- Guidance from Certified Diabetes Care and Education Specialist
- Practical strategies for healthy eating and activity
- Support from others working toward similar health goals
- Tools to create lasting lifestyle changes

After the core sessions, follow-up sessions help reinforce progress and maintain healthy habits.

Program Goals

- Lose 5-7% of body weight
- Increase physical activity to 150 minutes per week
- Reduce risk of developing Type 2 diabetes

Program Schedule

Tuesdays, 10:00 a.m. - 11:00 a.m.
Broadway Plaza, Auxiliary A

Weeks 1- 16

- **Weekly**
May 5 - August 18

Weeks 17-20

- **Bi-Weekly**
September 1 & September 15

Weeks 21-52

- **Monthly Maintenance**
October 13 - May 11
(2nd Tuesday)



SPARTA
COMMUNITY HOSPITAL

For more information or to register, call:
Courtney Johnson at 618-443-1435