

Diabetes Prevention Program

Starts: January 15, 2025
Ends: December 3, 2025
Time: 12:00pm – 1:00pm

Take charge of your life and register for this research-based lifestyle change program for preventing diabetes.

Sign up: <https://ocextension.eventbrite.com>

Virtual Series
FREE

PROGRAM QUALIFICATIONS

- 18 years or older
- A1C between 5.7 - 6.4 and/or Fasting Glucose 100-125mg/dl
- Family History of Diabetes
- History of Gestational Diabetes
- Obesity: BMI greater than/equal to 25
OR
- CDC Prediabetes Risk Test to be completed with a Participating Team Member.

PROGRAM DETAILS

- Group coaching sessions
- Led by a Certified Health Education Specialist, a Certified Diabetic Education Care Specialist and Trained Lifestyle Coaches
- Weekly: Jan 15 - Apr 30, 2025
- Bi-weekly: May 14 - Jul 9, 2025
- Monthly: Aug 6 - Dec 3, 2025

For Info Contact: hayers@ufl.edu or 407-254-9200