

# UPCOMING CLASSES: SPOTS LIMITED!

## National Diabetes Prevention Program



Are you looking for a supportive, **no-cost**, healthy lifestyle program? If so, the National Diabetes Prevention Program (National DPP) may be for you!

National DPP will help you:

- Lose at least 5 to 7 percent of your starting weight AND keep it off
- Achieve at least 150 minutes of physical activity each week
- Learn how to create healthier habits
- Receive long-term support and join others with the same goals

To learn more about the National Diabetes Prevention Program, [CLICK HERE](#).

To find out if the National Diabetes Prevention Program is right for you, please take the pre-diabetes risk quiz [HERE](#).

To view MaineGeneral's full list of wellness programs, [CLICK HERE](#).

### CLASS DETAILS

**Tuesdays from 5:30 - 6:30 pm**

starting Tuesday, Sept. 15, 2020

\*class size limited to 9 participants

**Alfond Center for Health**

35 Medical Center Parkway  
Augusta, ME



[CLICK HERE TO REGISTER](#)

**Thursdays from 5 - 6 pm**

starting Thursday, Sept. 10, 2020

\*class size limited to 9 participants

**Thayer Center for Health**

149 North Street  
Waterville, ME



[CLICK HERE TO REGISTER](#)

\*This program follows the curriculum and guidelines of the **National Diabetes Prevention Program** and is **free to members of the State of Maine health plan**.

