

GROUP LIFESTYLE BALANCE A DIABETES PREVENTION PROGRAM



NOW ENROLLING

REDUCE YOUR RISK OF DEVELOPING DIABETES BY MORE THAN 50%.

PREVENTION

PREDIABETES CAN DEVELOP INTO TYPE 2 DIABETES WITHIN A FIVE-YEAR TIMEFRAME IF LIFESTYLE FACTORS ARE NOT ADDRESSED. TAKE CHARGE BY COMMITTING TO OUR CDC-APPROVED GROUP LIFESTYLE BALANCE (GLB) PROGRAM. SESSIONS BEGIN IN 2025.

JOIN US!

YOU MAY JOIN OUR GLB PROGRAM IF YOU ARE 18 YEARS OR OLDER AND HAVE A PREDIABETES DIAGNOSIS OR IF YOU ARE AT RISK FOR DEVELOPING TYPE 2 DIABETES.

IN PERSON CLASSES

CLASS SESSIONS ARE IN PERSON AT CARSON TAHOE EAGLE MEDICAL CENTER. THERE IS ALSO A VIRTUAL OPTION AVAILABLE.

WHAT TO EXPECT

PARTICIPANTS ATTEND ONE-HOUR SESSIONS ONCE A WEEK FOR THE FIRST TWELVE WEEKS. AFTER THAT, IT CHANGES TO EVERY OTHER WEEK. AT THE SIX-MONTH MARK OF THE PROGRAM, SESSIONS ARE MONTHLY.

THIS COMPLIMENTARY PROGRAM OFFERS:

- A CERTIFIED LIFESTYLE COACH WHO GUIDES THE PROGRAM AND KEEPS YOU ON TRACK
- SKILLS TRAINING TO HELP YOU ADOPT SUSTAINABLE BEHAVIOR CHANGES
- SUPPORT FROM OTHER PROGRAM PARTICIPANTS
- PROBLEM SOLVING AND STRESS MANAGEMENT TOOLS
- FUN ACTIVITIES AND PARTICIPANT INCENTIVES

IF YOU ARE INTERESTED IN JOINING OR WOULD LIKE MORE INFORMATION, PLEASE CALL (775) 445-8607 OR (775) 445-8820 OR EMAIL DIABETES.NUTRITION@CARSONTAHOE.ORG.



CARSON TAHOE
— HEALTH —

(775) 445-8000
carsontahoe.com



In collaboration with

Nevada Business Group
ON HEALTH

