



**COLORADO**  
Department of Public  
Health & Environment



## Weight control and nutrition to prevent diabetes (DPP)



The best way to prevent diabetes is  
*taking care of our weight and diet*



**DPP** is a *free* program to perform  
a healthy lifestyle change.

**Includes 16 classes of 2 hours each with:**

- Physical activity
- Nutrition education with cooking classes with Cooking Matters
- FREE A1C (Glucose Level) Test
- Personalized action plan for weight control and nutrition



**Call us for more information 720-255-5465**

**or to register**

Free sessions in Spanish

**Limited space**



Inscripción de programas

**Free sessions  
in Spanish**



Follow us on Facebook: *Vuela por Salud*

*This project is financed by:*



## Sessions of "Diabetes Prevention Program"



<b>Week</b>	<b>TOPIC</b>
<b>1</b>	<b>Introduction to the National Diabetes Prevention Program</b>
<b>2</b>	<b>Track Your Activity/ Guest speaker</b>
<b>3</b>	<b>Get Active to Prevent T2/ Blood Screenings</b>
<b>4</b>	<b>Eat Well to Prevent T2</b>
<b>5</b>	<b>Track Your Food</b>
<b>6</b>	<b>Get More Active/1st Cooking Class</b>
<b>7</b>	<b>Burn More Calories Than You Take In/Guest speaker</b>
<b>8</b>	<b>Cope with Triggers/ 2nd Cooking Class</b>
<b>9</b>	<b>Manage Stress</b>
<b>10</b>	<b>Find Time for Fitness/3rd Cooking Class</b>
<b>11</b>	<b>Take Charge of Your Thoughts/ Guest speaker</b>
<b>12</b>	<b>Keep Your Heart Healthy/ 4th Cooking Class</b>
<b>13</b>	<b>Shop and Cook to Prevent T2/ Shopping</b>
<b>14</b>	<b>Get Support</b>
<b>15</b>	<b>Eat Well Away from Home/5th Cooking Class</b>
<b>16</b>	<b>Stay Motivated to Prevent T2</b>