



FREE ONLINE PROGRAM

Sign Up Today!

➤ www.gethealthyclarkcounty.org/dpp ◀

The Road to Diabetes Prevention Program is a free online diabetes prevention program that may help you reduce the risk of developing type 2 diabetes. You can learn about diabetes risk factors and make simple lifestyle changes to reduce your risk.

The program is open to anyone but is intended for people who may have pre-diabetes, a condition where a person's blood sugar level is higher than normal but not high enough to be diagnosed as having diabetes.

WHAT YOU GET



HEALTHY EATING TIPS

PHYSICAL ACTIVITY TIPS

LOCAL RESOURCES

WORK AT YOUR OWN PACE

CERTIFICATE OF COMPLETION AND MORE!



The program is intended for educational purposes and does not replace the advice of a doctor or healthcare provider.

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