



# YOUR HEALTH JOURNEY STARTS HERE

You are invited to participate in a lifestyle change program. There is no cost to participate. Are you ready?

- Convenient
- Go at your own pace
- Comfort of your own home
- On-demand video

Have access to a health coach, online support, a structure for success, and the tools for a healthier, more vibrant you.



# TAKE THE NEXT STEP!

## THE NATIONAL DIABETES PREVENTION PROGRAM (NATIONAL DPP):

- [The National DPP](#) is designed for your success
- Learn about nutrition, movement and emotional well-being in this lifestyle change program
- There is no charge to participate and you receive a year-long support system
- Lower your risk for developing type 2 diabetes



### QUALIFICATIONS:

- A history of [gestational diabetes](#)

OR

- Currently have [prediabetes](#)



To see if you qualify and to register, take a brief risk test at:

[hope8020.com/OregonMothers](https://hope8020.com/OregonMothers)

ENROLL BY MARCH 31, 2022

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NATIONAL  
DIABETES  
PREVENTION  
PROGRAM



Comagine  
Health

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