



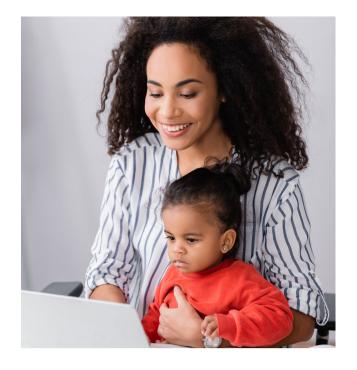


YOUR HEALTH JOURNEY STARTS HERE

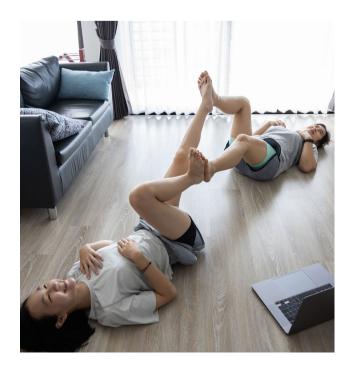
You are invited to participate in a lifestyle change program. There is no cost to participate. Are you ready?

- 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 <u>gestational</u> <u>diabetes</u>

OR

• Currently have <u>prediabetes</u>

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

hope8020.com/OregonMothers

ENROLL BY MARCH 31, 2022

For more information, contact Erica Johnson: **503-522-6319 | erica.a.johnson2@state.or.us**







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