

THE ROAD TO



DIABETES PREVENTION

# FREE ONLINE PROGRAM

Sign Up Today!

> [www.gethealthyclarkcounty.org/dpp](http://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 prediabetes, a condition where a person's blood sugar level is higher than normal but not high enough to be diagnosed as having type 2 diabetes.

## WHAT YOU GET



*HEALTHY EATING TIPS*

*PHYSICAL ACTIVITY TIPS*

*LOCAL RESOURCES*

*WORK AT YOUR OWN PACE*

*CERTIFICATE OF COMPLETION AND MORE!*



**SNhD**  
Southern Nevada Health District

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

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