

Should I join a lifestyle change program?



You're not just joining a proven program recognized by the CDC for its effectiveness. You're joining a supportive community of people who've all made the same year-long commitment to building new skills and habits.

There are lots of great reasons to join, like...



WISCONSIN DEPARTMENT
of HEALTH SERVICES

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Gaining effective, evidence-based tools.

Research shows that people who join are 33% less likely to develop type 2 diabetes later in life.

Working with a trained lifestyle coach.

Get personalized guidance from an experienced diabetes prevention specialist.

Finding virtual guidance and support.

Share tips and advice with a tightknit group who all learn, struggle, and succeed together.

Reducing stress and improving your whole health.

You may have more energy, ease chronic conditions, and enjoy better mental health.

Getting help you can afford.

Local, low-cost programs may be sponsored by an employer or covered by insurance with a health care provider's referral.

You can do this. Act today.

Talk to your health care provider or find a lifestyle change program near you at

[PreventDiabetesWI.org](https://www.PreventDiabetesWI.org)