

RECEIVE THE EDUCATION, TOOLS,  
AND SUPPORT YOU NEED TO  
**MAKE LASTING LIFESTYLE  
CHANGES!**

## New Year, New You

Is your **goal to lose weight & improve your health?**  
Are you at **risk for developing diabetes?**

Then consider joining  
**UVA's National Diabetes Prevention  
Lifestyle Change Program!**

The **12-month program** emphasizes  
strategies for **lasting lifestyle changes**  
to **lose weight** and **reduce the risk of**  
developing diabetes.



**Want to learn more?** Email Jaelyn Munson at [am6nf@virginia.edu](mailto:am6nf@virginia.edu) to receive an invitation to the virtual orientation session in January.

Visit the [Virginia Center for Diabetes Prevention & Education's website](#) for program testimonials and more information.

## Our Program



### Starting January 2025

- 1-hour per week
- Location: Virtual on ZOOM
- No cost to you!
- Space is LIMITED to 15 participants



### To be eligible for the program, you must:

- Be a UVA employee or family member (must be at least 18 years old)
- A Body Mass Index (BMI) above the normal weight category (>25).
- Attend a virtual orientation session to learn more about the program
- Complete an enrollment form and commit!
- Completion of prediabetes screening or have a history of gestational diabetes to be eligible for program.