

Medical expenses
are more than
2 times higher
for people with
diabetes than for
those without
diabetes.¹

Diabetes
can be
prevented.

Eat Smart, Move More,
Prevent Diabetes
can help.

Eat Smart, Move More, Prevent Diabetes is a:

- Lifestyle change program based on strategies proven to prevent or delay type 2 diabetes.
- 12-month program delivered in an interactive real-time, online format.
- Recognized program by the Centers for Disease Control and Prevention (CDC).

PARTICIPANTS WILL:

- Attend classes online in an interactive format from their home or office.
- Be empowered to make healthy eating and physical activity choices.
- Learn strategies to achieve and maintain a healthy weight.
- Identify ways to manage stress.
- Connect with others working on the same goals.
- Receive weekly, personalized support outside of class from their instructor, a trained lifestyle coach.

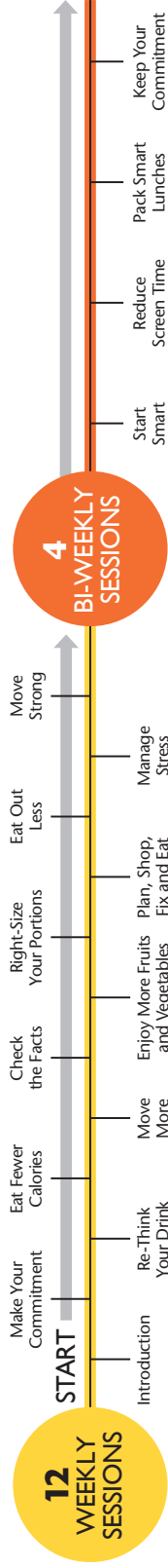
See the program's
TIMELINE
and
CLASS TITLES
on the back.



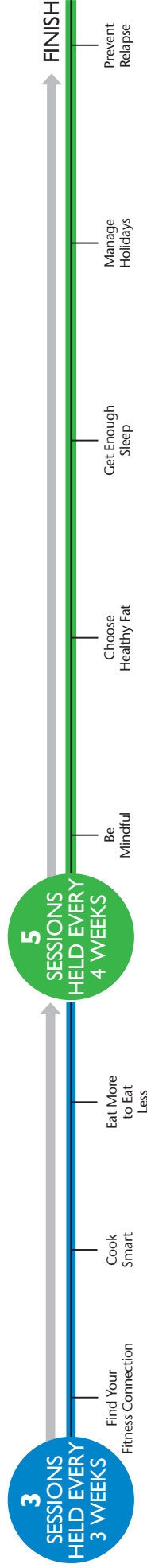
1. The Cost of Diabetes. AMERICAN DIABETES ASSOCIATION.
www.diabetes.org/advocacy/news-events/cost-of-diabetes.html

To learn more about the program and pricing, please contact:
administrator@esmmpreventdiabetes.com

Phase 1 20 weeks*



Phase 2 29 weeks*



Phase 1 20 weeks*

Phase 2 29 weeks*

*3 weeks built in for holidays

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