

# Join ARUP's Virtual Diabetes Prevention Program (DPP)

*taught by the ARUP Health and Wellness department staff*



Across the USA, **1 in 3 adults** have prediabetes and many will develop type 2 diabetes within **5 years!**

Join ARUP's DPP to learn about and **take action** in preventing diabetes! This class is eligible to ARUP employees, spouses, and dependants over 18, interested in lowering the risk of diabetes.

**6 months  
of virtual classes**

**Offered mornings  
and evenings**

**Receive  
nutrition advice &  
recipes**

**Learn health  
behaviors  
to prevent  
diabetes**

**Increase  
commitment  
to exercise**

**Decrease risk  
of diabetes  
by 50%**

If you are interested in learning more about this class or signing up,  
please contact [dpp@aruplab.com](mailto:dpp@aruplab.com)