

A photograph of a man and a young boy sitting at a desk. The man is on the right, looking at a laptop. The boy is on the left, also looking at the laptop. There are papers, a pen, and a small toy car on the desk. The image has a red tint.

WORKING TOGETHER FOR A HEALTHY FUTURE

Did you know 1 in 3 adults have prediabetes?

You can make simple daily changes now to reduce your risk of developing type 2 diabetes. **NMSU can help.**

The National Diabetes Prevention Program is available at **no-cost** for NMSU employees and is proven to reduce the risk of developing type 2 diabetes by **more than half**.

When you participate in the CDC-recognized lifestyle change program, you will:

- Receive a full year of support from a trained coach
 - Join a community of coworkers with the same goals
 - Learn how to make healthy choices at home or at a restaurant
 - Discover fun physical activities that work for your routine
 - Learn to manage stress and overcome challenges
- Have the option to complete classes in-person, virtually, or online

Learn more by registering for a free online informational session:

Oct. 13, 2021
8:30am

bit.ly/NMSU-INFOSESSION1

Oct. 13, 2021
11:30am

bit.ly/NMSU-INFOSESSION2

Oct. 14, 2021
6pm

bit.ly/NMSU-INFOSESSION3



SCAN ME

Find out if you're eligible:
bit.ly/NMSURISKTEST

FOR MORE INFORMATION, CONTACT:

ndpp@nmsu.edu • 575-646-2034 • diabetes.nmsu.edu/national-self-managment.html



BE BOLD. Shape the Future.
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