

2016 - 17 National Diabetes Prevention Program

UF/IFAS Extension Marion County
2232 NE Jacksonville Rd
Ocala, FL 34470

- Eligibility:**
- 18 years of age or older
 - diagnosed with prediabetes by a recent blood test (within the past 12 months)
 - fasting blood glucose, oral glucose tolerance, A1C or history of gestational diabetes
 - body mass index (BMI) of ≥ 24 (≥ 22 if Asian)
 - able to be moderately physically active at least 150 minutes a week
 - willing to keep a written, weekly food and activity tracker/logbook
 - able to attend 22, one-hour group sessions over a 12-month period

Cost: \$50.00 (check or money order payable to Marion County EAC)

Location: Marion County Extension Office, classroom

Day of the Week: Thursday (*Wednesdays)

Class Time: 9:00 a.m. to 10:00 a.m.

Registration: Deadline to register is Thursday, July 28, 2016

2016 Core Classes: 16 Classes

August: 4, 11, 18, 25

September: 1, 8, 15, 22

October: 6, 12*, 27

November: 3, 10, 17, 23*

December: 1

2017 Post-Core Classes: 6 Classes

January: 5

February: 2

March: 2

April: 6

May: 4

June: 1

To register and for more information, please contact:

Nancy J. Gal, Extension Agent IV

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