

HAVE YOU
BEEN
DIAGNOSED
WITH
PRE-DIABETES?



Group Lifestyle BALANCE A Diabetes Prevention Program

Take charge of your health today.
Join our complimentary program and reduce your risk of developing type 2 diabetes by over 50%.



PREVENTION

Prediabetes can develop into type 2 diabetes within a five-year timeframe if lifestyle factors are not addressed. Take charge by committing to our CDC-approved Group Lifestyle Balance (GLB) program. Sessions begin in 2025.



JOIN US!

You may join our GLB program if you are 18 years or older and have a prediabetes diagnosis or if you are at risk for developing type 2 diabetes.



IN PERSON CLASSES

Class sessions are in person at Carson Tahoe Eagle Medical Center. There is also a virtual option available.



WHAT TO EXPECT

Participants attend one-hour sessions once a week for the first twelve weeks. After that, it changes to every other week. At the six-month mark of the program, sessions are monthly.



COMPLIMENTARY PROGRAM

means it is
completely free
to you!



In collaboration with
Nevada Business Group
ON HEALTH



CARSON TAHOE
— HEALTH —

IF YOU ARE INTERESTED IN JOINING
OR WOULD LIKE MORE INFORMATION,
PLEASE CALL

(775) 445-8607 OR

(775) 445-8820 OR EMAIL

DIABETES.NUTRITION@CARSONTAHOE.ORG

(775) 445-8000
carsontahoe.com



Learn More About the Program

Prediabetes is a serious health condition that can lead to type 2 diabetes within five years if left unaddressed. The Group Lifestyle Balance (GLB) program, a CDC-approved initiative, offers a comprehensive approach to help you make sustainable lifestyle changes and significantly reduce your risk.



Program Highlights:

Certified Lifestyle Coach:
Receive personalized guidance and support from a trained professional. Stay motivated and on track with your health goals.



Skills Training:

Learn practical strategies for healthy eating, physical activity, and weight management. Develop sustainable habits for long-term well-being.



Peer Support:

Connect with others who share similar experiences and challenges. Benefit from a supportive community environment. Problem Solving & Stress Management: Acquire tools to navigate obstacles and manage stress effectively. Enhance your ability to maintain healthy behaviors.



Fun Activities & Incentives:

Engage in enjoyable activities that promote healthy living. Receive incentives to celebrate your progress and achievements.



Significant Risk Reduction:

Reduce your risk of developing type 2 diabetes by more than 50%.



Eligibility:

Individuals 18 years or older with a prediabetes diagnosis. Individuals at risk for developing type 2 diabetes.



Session Format:

In-person classes at Carson Tahoe Eagle Medical Center. Virtual class options are also available. Initial 12 weeks: One-hour sessions weekly. Weeks 13-24: One-hour sessions bi-weekly. After 6 months: One-hour sessions monthly.



Program Start:

Sessions begin now through June.

Enroll in the Group Lifestyle Balance program and take control of your health. Don't wait for prediabetes to become type 2 diabetes. Start your journey to a healthier future today.



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