

DIABETES PREVENTION PROGRAM (DPP)

POWERED BY THE CDC-APPROVED GROUP LIFESTYLE BALANCE™ PROGRAM



In collaboration with Nevada Business Group ON HEALTH

Prediabetes is serious—but preventable.

The CDC-approved Group Lifestyle BALANCE™ program helps you make lasting lifestyle changes to significantly reduce your risk of type 2 diabetes and take control of your health.

PROGRAM OVERVIEW

Open to adults 18+ with prediabetes or at risk for type 2 diabetes.

The next program starts Tuesday, January 20, with one-hour weekly sessions for 12 weeks, then bi-weekly through week 24, tapering to monthly, ending January 5, 2027.

In-person classes located at Carson Tahoe Eagle Medical Center with a virtual option available.

CERTIFIED LIFESTYLE COACH	Get personalized guidance and support from a trained coach to stay motivated and on track.
SKILLS TRAINING	Learn practical strategies for healthy eating, activity, and weight management that support long-term health.
PEER SUPPORT	Connect with others facing similar challenges and benefit from a supportive, encouraging group environment.
PROBLEM SOLVING	Develop tools to overcome obstacles, manage stress, and maintain healthy behaviors.
FUN ACTIVITIES & INCENTIVES	Participate in enjoyable activities that promote healthy living and earn incentives to celebrate your progress.
PROVEN RESULTS	Participants can reduce their risk of developing type 2 diabetes by more than 50%.

INTERESTED IN JOINING OR LEARNING MORE?

Call (775) 445-8607 or (775) 445-8820, or email diabetes.nutrition@carsontahoe.org. New cohorts form on a continual basis.