

Virtual Diabetes Prevention Program

New Groups Starting January 2023

Welcoming HMSA members!

If you have prediabetes, join us to learn how to adapt to a healthier lifestyle. Our Certified Lifestyle Coaches will support you in your journey.

- Over the course of one year, you will attend 25 sessions.
- Topics include: eating healthier, adding physical activity to your life on a time crunch, coping with stress, managing life challenges, and getting back on track.



To find out if you are eligible to participate,
Call: (808) 348-7670
or
Email:
programs@kidneyhi.org



National **Kidney** Foundation®

of Hawaii