

DIABETES PREVENTION PROGRAM

Wednesdays 5-6 p.m. | VNPCC Matanuska Room
1001 S. Knik-Goose Bay Road
Wasilla, AK 99654

Diabetes Prevention Program is a 12-month program that focuses on healthy behavior change. Meets one to two times a month. The goal of Diabetes Prevention Program is to prevent Type 2 diabetes by establishing healthy habits and routines. Health educators, registered dietitians, exercise physiologists, and behavioral health consultants work together to facilitate the evidence-based curriculum. The facilitators support customer-owners by addressing the physical, mental, and emotional aspects of living a healthy lifestyle while honoring their unique journeys.

Customer-owners at risk for developing Type 2 diabetes are encouraged to sign up for the class or request more information by emailing: shadley@southcentralfoundation.com or by calling (907) 631-7630. The 2025 session begins Jan. 10 and requires a commitment of 21 meetings between January and December. Whether you start in January or August, the expectation is to attend for 12 months, from your first session.



Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com



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2025 SCHEDULE

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Introduction to the program	Jan. 8	Shop and cook to prevent Type 2 diabetes	Sept. 10
Get active	Jan. 22	Take a movement break	Sept. 24
Track your activity	Feb. 12	Keep your heart healthy	Oct. 8
Eat well to prevent Type 2 diabetes	Feb. 26	More about Type 2 diabetes	Oct. 22
Track your food	March 12	More about carbs	Nov. 12
Get more active	March 26	Prevent Type 2 diabetes for life!	Dec. 10
Manage stress	April 9		
Energy in, energy out	April 23		
Eating to support your health goals	May 14		
Eat well away from home	May 28		
Managing triggers	June 11		
Stay active, at home or away	June 25		
Get back on track	July 23		
Get enough sleep	Aug. 13		
Get support/stay motivated	Aug. 27		