



# ONEIDA HEALTH PROMOTION Diabetes Prevention Program



## BE STRONG, BE FIT, AND BE HEALTHY WITH US.

➔ Commit to reaching your health & wellness goals and reducing your risk for type 2 diabetes.

### JOIN DPP TODAY!

A year long program that includes one-on-one Wellness Coaching & Group Classes with a focus on behavior change, healthy eating & increasing physical activity.

➔ Classes begin in January, April, July & October each year.

Months 1-6

- 10 weekly classes & 6 biweekly classes

Months 7-12

- 6 monthly classes



### WHO CAN JOIN?

- Patients of the Oneida Community Health Center age 18 and older.
- Employees of the Oneida Nation who participate in the Health Plan.

### HOW?

- Physician Referral from your OCHC Provider
- Complete Online Referral Form  
<https://oneida-nsn.gov/resources/health/community-health-services/health-promotions/#Wellness-Coaching>



Get in touch with us:

920-490-3780

healthpromotion@oneidanation.org