



**North  
Carolinians  
participate  
for FREE in an  
online diabetes  
prevention  
program!**



## **Free Online Diabetes Prevention Program**

**Classes Begin the Week of January 14th**

*Registration closes **Friday, January 11th at 5:00pm ET.***

**See Class Times**

North Carolinians only pay \$30 and **receive ALL \$30 back** for meeting attendance and tracking requirements (a \$430 value).

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**Eat Smart, Move More, Prevent Diabetes** is a 12-month CDC-recognized diabetes prevention program held in real-time with a LIVE instructor. The program uses evidence-based strategies to prevent or delay type 2 diabetes.

**Classes are:**

- Held online in an interactive format with a **LIVE** instructor
- Offered at **convenient** times (lunch/evening)
- **Accessible** on computers, tablets, and smartphones

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**During the online program you will:**



**Diabetes CAN be prevented.**  
**Eat Smart, Move More, Prevent Diabetes can help.**

[Learn More](#)

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Eat Smart, Move More, Prevent Diabetes was created in partnership by NC State University and NC Division of Public Health.

We are pleased to partner with Blue Cross and Blue Shield of North Carolina to bring diabetes prevention programs to North Carolinians.

**NC STATE UNIVERSITY**

