



MAKE A DIFFERENCE IN POPULATION HEALTH
HELP PEOPLE AVOID OR DELAY THE ONSET OF TYPE II DIABETES

Become a lifestyle coach for the National Diabetes Prevention Program (NDPP), an evidence-based lifestyle change program designed for people diagnosed with pre-diabetes or those at risk of developing diabetes.

Lifestyle coaches facilitate weekly sessions, role model and motivate participants to set and achieve personal lifestyle goals. The curriculum covers eating plans, exercise, and lifestyle changes to help participants achieve the following primary goals:

- Reduce and maintain individual weight loss by 5 to 7 percent
- Participate in regular physical activity

Training to become a Lifestyle Coach for the NDPP will be offered on Monday May 2nd and Tuesday May 3rd in collaboration with QTAC-NY (Quality & Technical Assistance Center of New York), nationally recognized trainers.

Training Location: Canton, MA

Training Times: 9:00AM-5:00PM

For more information regarding qualifications and expectations of lifestyle coaches please review the attached job description. Spaces are limited and registrations will be processed in the order received.

If you are interested in this training please register using the link below:

<https://www.surveymonkey.com/r/7XQ7JNR>

Please don't share this link unless authorized to do so

If you have any questions, please contact Max Alderman:

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