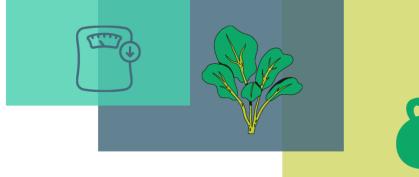
# WDP LIFESTYLE PLUS PROGRAM







ONE-ONE SUPPORT



ACCESS TO
DIGITAL
PLATFORM



DIABETES PREVENTION



HEALTHY
SUSTAINABLE
LIFESTYLE

#### ABOUT THE PROGRAM

Wollondilly Diabetes Program (WDP) Lifestyle Plus Program is a free program that is designed to help members of our community create a healthy lifestyle and decrease their risk of developing diabetes. Participants will have access to a digital platform where they will be given one-to-one support and coaching, to help them achieve their goals

#### FOCUS OF THE PROGAM

- Achieving a healthy body weight
- Healthy eating & long-term sustainable habits
- Exercise
- Improved lifestyle and quality of life overall

#### ELIGIBILITY

- High risk of diabetes (Pre-diabetes/Borderline Diabetes/Impaired Fasting glucose, Impaired Glucose Tolerance)
- Strong family history
- Prior gestational diabetes diagnosis
- High Body Mass Index (overweight or obese)
- ·>18 years old
- Reside in Wollondilly LGA and neighbouring suburbs

### JOIN THE SUPPORT TEAM

BECOME A PEER SUPPORT FACILITATOR



## We are also seeking individuals to help support the participants

- For this role, you will obtain the title of a Peer Support Facilitator
- You will be trained to support your team via the new Hitachi online platform (1 full day training)
- You will have access to the WDP support team
- You will receive a Peer Support Facilitator certificate

#### REGISTER YOUR INTEREST BY EMAILING

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