



NATIONAL TYPE 2  
**Diabetes**  
PREVENTION  
PROGRAM



Sponsored by the Valley Jewish Community Center  
**CDC Recognized Provider**

Our Type 2 Diabetes Prevention Program (T2DPP) follows the Center for Disease Control and Prevention (CDC) guidelines which are proven to reduce individuals' risk of developing Type 2 Diabetes by 58%. The program is designed to inspire lifestyle changes for people at high risk for Type 2 Diabetes. Over the course of a year, our **Lifestyle Coach, Cheri Neiman**, helps participants learn skills and support each other to reduce their risk factors by learning to make changes to their eating habits, increase physical activity and reduce stress in their daily lives.

### *Testimonials*

*"Thank you Cheri for being a pioneer in bringing this program to the community. With today's breakdown in all the unhealthy food out there, you bring a vision of a better tomorrow. Thanks for all your support."*

*"Cheri really cared about us and our success."*

*"I was surprised at how helpful this class was. I found myself doing things and making changes in my life I thought I could not achieve."*

*"A very casual and friendly class where everyone was focused, and as a result there was a lot of participation, sharing and feedback from all who attended. A very well conducted class with a lot of encouragement and helpful handouts I believe that this class would be very beneficial for anyone who wanted to know how to prevent Diabetes. I enjoyed the class."*

Please contact Cheri at [cheri@valleyjcc.org](mailto:cheri@valleyjcc.org)  
for more detail on how you can change your lifestyle  
and prevent the onset of Diabetes. It works.



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