

# GET UP & GO

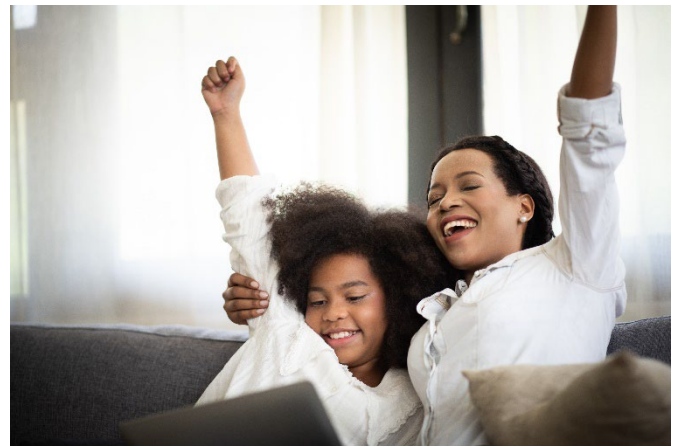
TYPE 2 DIABETES PREVENTION PROGRAM

## Prepare Your Child for a Healthy and Active Life

Kick start a new, healthy lifestyle for your family by registering for the Children's Health<sup>SM</sup> Get Up & Go Type 2 Diabetes Prevention Program.

In this fun, **FREE** five-week program, kids and their families:

- Will meet virtually for 60 minutes each week
- Learn fundamentals of healthy eating
- Participate in interactive games to help children understand diabetes
- The opportunity to meet and interact with other families



Classes are offered in English for ages 6-11 & 12-14

| Program Schedule* |                                   |
|-------------------|-----------------------------------|
| CLASS 1           | Orientation                       |
| CLASS 2           | Eat Well to Prevent Diabetes      |
| CLASS 3           | Get Active to Prevent Diabetes    |
| CLASS 4           | Shop and Cook to Prevent Diabetes |
| CLASS 5           | Graduation                        |

### Requirements for child enrollment:

- Candidates for this program may have a pre-diabetes diagnosis, elevated A1C values, or Acanthosis Nigricans
- All comorbidities must be well managed
- Child must be accompanied by a parent/guardian
- Must be referred by the child's provider, e.g., physician, psychologist, dietitian, school nurse

\* Space is limited.

### To enroll your child into Get Up & Go:

- Visit your child's provider and ask for a referral
- The provider can access our referral form **here** or by scanning the QR code to the right
- A coordinator for Get Up & Go will contact you to complete enrollment

