

Ruby A. Neeson Diabetes Awareness Foundation, Inc.

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Ruby A. Neeson Diabetes Awareness Foundation, Inc. is excited and proud to announce **Mutima Jackson-Anderson and Marilyn Leach-Williams** have completed the Lifestyle Coach training with the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University. **Mutima & Marilyn** join over 2000 people representing over 700 organizations nationwide trained by DTTAC to deliver the National Diabetes Prevention Program (National DPP) lifestyle change program. The National DPP is an evidence-based, yearlong program developed by the Centers for Disease Control and Prevention (CDC) to prevent the development of type 2 diabetes through healthy lifestyle changes, focusing on healthy eating, weight loss, and physical activity.

DTTAC Lifestyle Coach training is a highly interactive, two-day, in-person training that gives participants a full understanding of their role in the lifestyle change program. Lifestyle Coaches' ability to support participants, provide guidance, and facilitate the group is key to the success of the National DPP lifestyle change program so that participants can learn the skills they need to adopt life-long habits and prevent or delay type-2 diabetes. **Mutima & Marilyn** will soon begin delivering the DPP lifestyle change program in our community. Congratulations, **Mutima & Marilyn!**

To learn more about DTTAC Lifestyle Coach training, please visit www.tacenters.emory.edu. If you are interested in joining a Diabetes Prevention Program group in Georgia, please contact **Ruby A. Neeson Diabetes Awareness Foundation, Inc.** via email at info@fightdiabetesnow.org.