




# DIABETES PREVENTION PROGRAM

## TIV THAIV MOB NTSHAV QAB ZIB



### Week 18, Session 14:

#### Monday, March 22, 2021 to Sunday, March 28, 2021

<b>SESSION FOCUS</b>	Get Support for a Healthier Lifestyle
<b>KEY POINTS</b>	<ol style="list-style-type: none"> <li>Learn how to get to support from: <ul style="list-style-type: none"> <li>• Family, friends, and coworkers</li> <li>• Groups, classes, and clubs</li> <li>• Professionals</li> </ul> </li> </ol>
<b>ACTION PLAN</b>	<p><input type="checkbox"/> <b>Get Support for a Healthier Lifestyle</b> - Learn how to get support for your healthy lifestyle from the people in your life, such as family, friends, and coworkers. You may seek support from outside sources like groups, classes, and clubs, and learn where to find them. Another resource is professionals who work in the health and wellness field, as they can provide different types of support to help you live a healthy lifestyle.</p> <p> <a href="#">Get Support for a Healthier Lifestyle</a> – PowerPoint video in English.</p> <p><b>OPTIONAL – How to Get Support</b> – this exercise helps you to think of how family, friends, and coworkers get in the way of your healthy lifestyle. Then, think of how you will get their support.</p> <p><a href="#">How to Get Support</a> – handout in English.</p>

If you have any questions or would like to connect with a Lifestyle Coach for more ideas or one-on-one support, please contact **Lindsey Lee** by email at [lindseyl@hmong.org](mailto:lindseyl@hmong.org) or by phone (612) 244-5721.