



Corporate
Wellness
Solutions

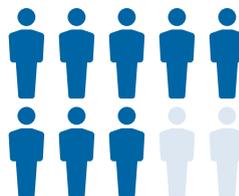
ECHNSM 
Center for Healthy Living

Discover Type 2 Diabetes Prevention at Work

The National Diabetes Prevention Program (National DPP), led by the CDC, is an evidence-based lifestyle change program, which is scientifically proven to prevent or delay type 2 diabetes by building and maintaining healthy habits. Diabetes is the costliest of the most common conditions in the country. \$306 billion attributed as direct medical costs and \$106 billion in indirect costs (e.g., reduced productivity and absenteeism) which has led many employers and insurers to offer the National DPP as a covered benefit for those employees that have prediabetes.



About 98 million
American adults
(more than 1 in 3)
have prediabetes



More than 8 in 10
adults with prediabetes
don't know they have it

How the National DPP Program Can Enhance your workforce:

Lower Healthcare Costs

A healthier workforce means reduced healthcare expenses for the company. The DPP has been shown to lower the incidence of type 2 diabetes, decreasing the need for costly medical interventions. The National Diabetes Prevention Program reduces medical costs for participants with prediabetes by an average of \$4,552 over two years.*

Boosted Employee Morale and Engagement

When employees feel supported in their health journey, they are more engaged, satisfied, and loyal to the company. This leads to a more positive work environment and improved employee retention rates.

Reduced Absenteeism

Healthier employees take fewer sick days, leading to less disruption in workflow and greater overall productivity.

Enhanced Corporate Reputation

A commitment to employee wellness positions your company as a leader in corporate responsibility, attracting top talent and fostering a positive public image.

Through personalized coaching, educational resources, and a supportive community, employees learn how to make healthier choices, manage stress, and incorporate physical activity into their daily lives. For a customized company sponsored program, reach out to schedule a consultation.

*Source: healthday.com/healthpro-news/diabetes/participation-in-national-diabetes-prevention-program-is-cost-saving

Available 2025 Services

Workshops and Lunch & Learns (In-person or Virtual)

Virtual presentations can be synchronous using Zoom, and can include preregistration, attendee report and recording link for those not able to attend synchronously. All workshops include educational content and virtual presentations may be recorded for future viewing. Pre registration option, attendee list and recording viewing analytics can also be provided.

Virtual: \$750 | In Person: \$967*

Available workshops include:

- Supercharge For The Workday
- Nutrition & Stress
- Food, Cravings & Emotions
- Gut Health 101
- How to Create a Healthy Food Environment
- Sweet Liberation: Escaping the Sugar Trap
- Heart Smart Nutrition
- Plant Powered Eating
- Strategies for Stabilizing Blood Sugars
- Food is Medicine (4-part series)

Health Fair

Provide nutrition education at client health fair/event to raise awareness of health-promoting and disease-preventing foods and programs. Table includes educational demo, recipes, handouts and interactive displays such as "How Much Sugar," and "Healthy Snacking." Employees learn to make better food choices with the goal of improving health.

Health Fair Table: \$300 - \$400*

Upgrade your experience with a breakout cooking demo!

Join a live cooking demonstration led by a nutrition expert! Watch, learn, and taste a nutritious recipe.

Options: Smoothies, Ramen Bowl, Trail Mix Bar or Mason Jar Salad.

Cooking Breakout: Starts at \$287

*Fees

Negotiated individually for events; based on design of program, estimated number of attendees and services included.



Workshop Descriptions

Supercharge For The Workday: Learn how small lifestyle changes can improve focus, energy, and productivity at work. Discover practical nutrition strategies for sustained energy and focus while avoiding mid-day slumps.

Nutrition & Stress: Explore the relationship between nutrition and stress, focusing on their impact on overall health. This workshop explores how to use nutrition as a tool for stress management, with simple dietary changes to support your well-being.

Snack Smarter: As another sought-after corporate lunch and learn, this session tackles the difference between hunger and cravings, why cravings happen, and practical strategies to manage them. Gain simple tools to enjoy food mindfully without giving up your favorites.

Gut Health 101: Discover how gut health impacts overall well-being. Learn the basics of digestion, key foods that support gut health, and improving digestion naturally.

Creating a Healthy Food Environment: Learn how to make healthy eating easier by shaping your surroundings — at home, work, and on the go — to support better food choices. Participants will be equipped with numerous strategies on how to bring this to fruition in their own lives.



Workshop Descriptions

Sweet Liberation: Escaping the Sugar Trap: Excess sugar in our diet is linked to everything from poor mood to low energy and just about every chronic illness you can think of. Take control of your sugar cravings and boost your energy! Uncover hidden sources of sugar in everyday foods, understand why your body craves it, and master smart strategies to cut back without feeling deprived.

Heart Smart Nutrition: Heart disease is the leading cause of death. In this webinar learn to identify heart disease risks and learn what you can do to reduce your own risk with simple swaps, learning the best foods for ultimate heart health. This will focus on the positive effects of diet and exercise.

Plant-based Made Simple: Your Beginner's Guide: Simplify plant-based eating! Learn smart food swaps, meal and snack ideas, and how to avoid common pitfalls. Follow simple steps to fuel your body, boost your health, and make plant-based eating work for you.

Strategies for Stabilizing Blood Sugars: Discover practical strategies for stabilizing blood sugar levels and promoting metabolic health in this educational session. Explore the impact of dietary choices, meal timing, and lifestyle factors on blood sugar regulation, and learn evidence-based techniques for managing blood sugar fluctuations.

Food is Medicine (4-Part Series): Embark on a culinary journey with a 4-week series! Learn the secrets of crafting flavorful and nutritious meals on a budget, all while exploring health benefits.



Request Form

Thank you for your interest in a health fair or workshop. In order to better serve the needs of your group, please fill out the information below. Feel free to skip over any questions that do not apply to your group.

Contact Information:

Contact Name: _____

Contact Email: _____

Phone: _____

Group Information:

Group Name: _____

Location: _____

Number of Participants: _____

Projector at Location (Y/N): _____

Number of Presentation Topics Requested: _____

Number of Health Fairs Requested: _____

Number of Breakout Cooking Demos Requested: _____

Cooking Breakouts (Circle): Smoothies Ramen Bowl Trail Mix Mason Jar Salad

Preferred Presentation Date: _____

Preferred Presentation Time: _____

Preferred Presentation Length (min. 1 hour): _____

Presentation Topics Requested (Circle; Discounts Offered for 3 or More Presentations):

Supercharge For The Workday

Nutrition & Stress

Food, Cravings & Emotions

Gut Health 101

How to Create a Healthy Food Environment

Plant Powered Eating

Sweet Liberation: Escaping the Sugar Trap

Heart Smart Nutrition

Strategies for Stabilizing Blood Sugars

*Food Is Medicine Series

*Higher cost due to 4 components

Please note that it is strictly prohibited to record and/or broadcast the presentation on any additional platform.



71 Haynes Street
Manchester, CT

echn.org/services/center-for-healthy-living