

NATIONAL DIABETES PREVENTION PROGRAM

Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.

Where:

Date:

Time:

Cost:

Contact:

For Eligibility Requirements Please Go To:

<http://diabetesnd.org/diabetes-prevention/prediabetes/>

There will be 22-24 educational and motivational meetings as part of the program. This includes 16 weekly meetings in the first 6 months of the program (8 weekly and 8 bi-weekly) followed by 6 monthly meetings. Some of the unique offerings include topics such as:

- Be a Fat and Calorie Detective ■
- Ways to Eat Less Fat & Fewer Calories ■
- Move Those Muscles ■
- Being Active: A Way of Life ■
- Take Charge of What's Around You ■
- Four Keys to Healthy Eating Out ■
- Talk Back to Negative Thoughts ■
- The Slippery Slope of Lifestyle Change ■
- Ways to Stay Motivated ■

