



DIABETES PREVENTION PROGRAM

Host Location

UM-Flint Recreation Center
401 Mill St.
Flint, MI 48502

Date

Information session on
Thursday, September 14, 2017
Weekly sessions start on
Thursday, September 21, 2017

Time

5:30-6:30 p.m.

Register

Visit www.nkfm.org/dpp or call
810-232-0522. Questions? Email
preventdiabetes@nkfm.org.

Cost

This workshop is covered
by various insurers and funders.
Attend the information to learn
more.

Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. The **Diabetes Prevention Program** will help you take steps to prevent type 2 diabetes.

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Move those muscles
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Control your portions
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Find your healthy weight
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Be part of a group
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Manage stress
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Stay motivated
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**16 weekly sessions followed by monthly
maintenance sessions**
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