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.

- Move those muscles
- Control your portions
- Find your healthy weight
- Be part of a group
- Manage stress
- Stay motivated

16 weekly sessions followed by monthly maintenance sessions

Host Location
University of Michigan - North Campus Research Center (NCRC)
Building 16, Room 001E
2800 Plymouth Rd.
Ann Arbor, MI 48109

Date
Information session on Thursday, September 27, 2018
Weekly sessions start on Thursday, October 4, 2018

Time
5:30-6:30 p.m.

Register
Visit ReadySetPrevent.org or call 734-476-7963. Questions? Email preventdiabetes@nkfm.org.

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

All participants will be eligible to receive a pass to Liberty Athletic Club in Ann Arbor after completing four DPP sessions. Talk to your coach for more information.