Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. The My Choice...My Health: 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
- Take back negative thoughts
- Stay motivated
- 16 weekly sessions followed by monthly maintenance sessions

Host Location
University of Michigan-Dearborn
University Center
4901 Evergreen Rd.
Evergreen 1227 Meeting Room
Dearborn, MI 48128

Date
Information session on Tuesday, January 26, 2016
Weekly sessions start on February 2, 2016

Time
6:00-7:00 p.m.

Register
Visit the National Kidney Foundation of Michigan at www.nkfm.org/dpp to sign up online or call the NKFM at 800-482-1455. Questions? Email preventdiabetes@nkfm.org.

Cost
My Choice...My Health is covered by various insurers and funders. Attend the information session for more details.