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.

Find your healthy weight

Stay motivated

Control your portions

Be part of a group

Move those muscles

Take back negative thoughts

16 weekly sessions followed by monthly maintenance sessions

Host Location
Detroit Public Library - Redford Branch
21200 Grand River Ave.
Detroit, MI 48219

Date
Information session on
Wednesday, July 27, 2016
Weekly sessions start on
Wednesday, August 10, 2016

Time
6-7 p.m.

Register
Visit www.nkfm.org/dpp or call
800-482-1455

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