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 - Flint
Recreation Center, Room 11
401 Mill Street
Flint, MI 48502-1950

Date
Information session on
Tuesday, February 2, 2016
Weekly sessions start on
Tuesday, February 16, 2016

Time
5:30-6:30 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.

Note: Participants will have complimentary access to the cardio room, walking track and pool on evenings of the workshop sessions.