The National Diabetes Prevention Program is a lifestyle change program for preventing type 2 diabetes. We meet weekly for 16 weeks followed by six to eight monthly sessions. Research shows that 58% of the people who have taken this class have been successful in achieving normal blood sugar levels and losing 5-7% of their body weight which eliminated their risk of developing diabetes. In this class you’ll learn to:

• Jump start your routine
• Find a healthy weight
• Move your muscles
• Control your portions
• Talk back to negative thoughts
• Get support
• Stay motivated

Informational Sessions: June 15 & 29, 2017 from 4-5 p.m.

Class
Dates/Time: Thursdays starting July 20, 2017 from 4-5 p.m.

Place: MSU Extension
775 Ball Avenue NE
Grand Rapids, MI 39503

Cost: $50

To register, or for questions: Christi Demitz, 616-632-7881
demitzch@anr.msu.edu

Please join us — your health matters!