



DIABETES PREVENTION PROGRAM

Host Location

Palmer Park
1121 Merrill Plaisance St.
Detroit, MI 48203

Date

Information session on
Wednesday, July 10, 2019
Weekly sessions start on
Wednesday, July 17, 2019

Time

10:00 - 11:00 a.m.

RSVP

This program will be offered at no cost to participants, but we are requesting participation in a research study. Attend the information session to learn more. Visit ReadySetPrevent.org, call 800-482-1455 or email preventdiabetes@nkfm.org.

Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your risk of diabetes. The **Diabetes Prevention Program** will help you take steps to prevent type 2 diabetes.

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Move those muscles

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Control your portions

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Find your healthy weight

.....
Be part of a group

.....
Manage stress

.....
Stay motivated

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16 weekly sessions followed by monthly maintenance sessions
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This program is for people who have not been diagnosed with diabetes.

Diabetes Prevention Program
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ReadySetPrevent.org

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