MENOMINEE TRIBAL CLINIC

DIABETES PREVENTION PROGRAM



Are you interested in the following?

- Reduce your chances of developing diabetes
- Learn how to make changes in lifestyle behaviors to help lose weight?
- Receive advice through diabetes prevention education
- MUST BE 18 YEARS OR OLDER TO ATTEND!

Goals of the class

- Attend weekly classes
- Increase physical activity
- 7% weight loss
- Feel better
- Learn about nutrition and activity behaviors

Please see Chelsey in Nutrition Services at the Menominee Tribal Clinic on Tuesdays, Thursdays, and Fridays to see if you are eligible to participate or call her phone to see if you are eligible!

QUESTIONS OR WOULD LIKE MORE INFORMATION? CONTACT US (SPACE IS LIMITED!!)

contact Chelsey to see if you qualify

Chelsey- Nutrition/WIC community educator
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