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.

Move those muscles
Control your portions
Find your healthy weight
Be part of a group
Manage stress
Stay motivated

16 weekly sessions followed by monthly maintenance sessions

Diabetes Prevention Program
800-482-1455
ReadySetPrevent.org

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.

This program is for people who have not been diagnosed with diabetes.