



DIABETES PREVENTION PROGRAM

Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. 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

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Be part of a group

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Manage stress

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Stay motivated

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16 weekly sessions followed by monthly maintenance sessions
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Host Location

Bethel Christian Reformed Church
515 E. Main Ave.,
Zeeland, MI 49464

Date

Weekly sessions start on
Tuesday, September 25, 2018
Registration open through
Tuesday, October 9, 2019

Time

1:00 - 2:00 p.m.

Register

Visit www.nkfm.org/dpp or call
616-458-9520. Questions? Email
preventdiabetes@nkfm.org.

Cost

This workshop is covered by
various insurers and funders.
Call our office to learn more.

