



DIABETES PREVENTION PROGRAM

Online Workshop

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

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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 8 monthly sessions
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Upcoming Workshops

Thurs, February 18, 6pm - 7pm

Wed, March 3, 11am - 12pm

Tues, March 9, 5:30pm - 6:30pm

Location

A computer or smart device (phone or tablet) is necessary to join this workshop.

Join Today!

Visit **ReadySetPrevent.org** to RSVP for an information session to learn more about the program and how to register for a workshop.

Questions?

Call 800-482-1455 or email preventdiabetes@nkfm.org.

Cost

Diabetes Prevention Program workshops are covered by various funders and insurers. Contact the National Kidney Foundation of Michigan for more information.

