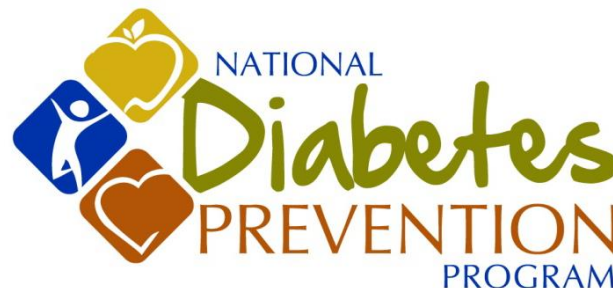


The Lifestyle Change Program

Help prevent or delay type 2 diabetes!



ARE YOU AT RISK FOR GETTING DIABETES?

1 out of 3 Americans has prediabetes and most don't know they have it!

What is a Lifestyle Change Program?

CDC-recognized lifestyle change programs nationwide teach participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

Participating in a year-long lifestyle change program can cut your risk of type 2 diabetes in half.

Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.

Eligibility to participate:

- Be at least 18 years old and
- Be overweight (body mass index ≥ 25 ; ≥ 23 if Asian) and
- Have no previous diagnosis of type 1 or type 2 diabetes and
- Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7%–6.4% or
 - Fasting plasma glucose: 100–125 mg/dL or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL or
 - A1c of 5.7 to 6.4 or
- Be previously diagnosed with gestational diabetes or
- A positive screening for prediabetes based on the CDC Prediabetes Screening Test

Lifestyle Change Program

to be held at the

Area Agency on Aging of Northwest Michigan

1609 Park Drive, Traverse City, MI 49686

Informational meeting:

Monday, April 2, 2018
10:00-11:00 AM

Program Time Commitment:

Mondays, 10:00-11:00 AM

The program runs for 1 year
starting April 9, 2018

- First 6 months: 16 sessions
Held 2-4 times per month (weekly at first)
- Last 6 months: 6 sessions, held monthly

No cost to attend. Donations appreciated.
Registration is required.

Register with Sharon at
1-800-442-1713

Or online at www.aaanm.org/workshop-registration

For programs offered statewide, visit
<http://www.mihealthyprograms.org/dpp-class-search.aspx>

For a listing of other partners offering this program in northern Michigan, visit www.aaanm.org/lifestyle-change-program

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— of Northwest Michigan —