

Learn how to create a healthier lifestyle and prevent diabetes in this 16 week diabetes prevention program. Groups will meet with trained lifestyle coaches once a week to help participants lose weight, eat healthier and increase physical activity.



I CAN
Prevent Diabetes!

Individuals and Communities
Acting Now to Prevent Diabetes ©

WEEKLY CLASSES BEGIN:

Mondays, August 1 --- November 14, 5:15 pm - 6:15 pm

\$80 fee, with incentives offered for regular participation

This program will be held for 16 weeks.
See the program brochure for a more detailed outline.

In partnership with the Minnesota Department of Health - SHIP program

COACHES:

Stacie Stindtman, RD, LD
Darlene Turner, CNP, CDE

UHD Clinic Classroom
515 South Moore
Blue Earth, MN 56013

**Register
Today!**

Call the UHD Clinic:
(507) 526-7388

