



Minnesota 2010: I CAN Prevent Diabetes and other Diabetes Prevention Program Sites

Provider	Group Schedule	Days and Times	Location	Cost	Contact Instructions
YMCA of Metropolitan Minneapolis YMCA of Greater St. Paul	June start-ups	To be determined	Contact the YMCA to determine a YMCA site nearest you	No charge to participating Medica plan members Others may enroll for fee. Scholarship may be available	Sheryl Grover Diabetes Prevention Specialist 612-465-0489 Sheryl.Grover@ymcatwincities.org
West Side Community Health Services St. Paul, MN	Feb 10 to May 26 Spanish	Wed. 9 - 10 am	153 Cesar Chavez St St Paul, MN	\$20 WSCHS patients only	Arlene Becker Registered Dietitian 651-602-7542 abecker@westsidechs.org
Minneapolis Skyway Senior Center Minneapolis, MN	April 5 to July 19	Mondays 1 – 3 pm	950 Nicollet Mall/Retek Bldg Skyway Level Minneapolis, MN	No cost 50+ yr, no membership required	Christina Kendrick Director Skyway Senior Center 612-380-3869 Christina.kendrick@ci.minneapolis.mn.us
Sabathani Community Center Minneapolis, MN	March 10 to June 23 English & Spanish	Wednesdays 6-8 pm	310 east 38 St. Suite 109 Minneapolis MN	No cost	Erika Kennedy Community Health Worker 612-735-3504 Ekenedy@sabathani.org
Hennepin County Medical Center, South Clinic Richfield, MN	May English & Spanish	To be determined	To be determined		Patty Barland RD Certified Diabetes Educator 612-873-8811 Patricia.Barland@hcmcd.org
Trinity Lutheran Church Long Lake, MN	Feb 18 to June 10		2060 6th Ave N Long Lake, MN		Jeanne Tempero, RN Parish Nurse 952-473-8577 jtempero@hotmail.com



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Shepherd of the Valley Lutheran Church Apple Valley, MN	April to August	Fridays, 8 am	12650 Johnny Cake Ridge Rd Apple Valley, MN	\$25	Rosalee Mahlum, RN, BSN Parish Nurse 952-431-0630 beariedtrs@charter.net
Indian Health Board of Minneapolis Special Diabetes program for Indians (SDPI). Diabetes Prevention Program (DPP) <i>Lifestyle Balance</i> Curriculum	Determined on needs of participants	Determined on needs of participants	1315 East 24 th St Minneapolis, MN	No cost Lifestyle coaching & incentives offered to any Native American who resides in the Metro area	Tammy Didion, RD, LD Health Disparities Supervisor 612-721-9800 ext 520 theinicke@ihb-mpls.org
Bagley, MN Clearwater Co Nursing Service	April 12 to July 26, 2010	Mondays 5 pm	212 Main Ave. N Bagley, MN		Donna Schroeder, RN Certified Diabetes Educator 218-694-6581 donna.schroeder@co.clearwater.mn.us
Lakewood Health Center Baudette, MN	Nov 9 to Feb 22		600 S. Main Baudette, MN	\$80	Jean Krousey RN Diabetes Resource Center Nurse 218-634-2120 jeankrousey@catholichealth.net
Bemidji, MN Clearwater Co Nursing Service	April 5 to July 13, 2010	Tuesdays 5 pm	St.Mark's Lutheran Church 2220 Anne St NW Bemidji, MN		Donna Schroeder, RN Certified Diabetes Educator 218-694-6581 donna.schroeder@co.clearwater.mn.us
Kandiyohi County Area Family YMCA Willmar, MN	Enrolling now Planning Spanish program in fall	Mondays, 6:30 pm	1000 Lakeland Drive SE Willmar, MN	\$160 Scholarship may be available	Bryan Thiery Community Outreach or Bonnie Reeb I CAN PD Instructor 320-222-9622 ican@kandiyymca.org

I CAN Prevent Diabetes is coordinated through the Minnesota Diabetes Program at the Minnesota Department of Health. For more information contact Rita.mays@state.mn.us