

NATIONAL DIABETES PREVENTION PROGRAM

Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.

Where:

Date:

Time:

Cost:

Contact:

For Eligibility Requirements Please Go To:

<http://diabetesnd.org/diabetes-prevention/prediabetes/>

Note: Employees who participate will need to flex their time if the session goes over their allotted lunch break.

There will be 24 educational and motivational meetings as part of the program. This includes 16 weekly meetings in the first 6 months of the program (8 weekly and 8 bi-weekly) followed by 6 monthly meetings. Some of the unique offerings include topics such as:

- Be a Fat and Calorie Detective ■
- Ways to Eat Less Fat & Fewer Calories ■
- Move Those Muscles ■
- Being Active: A Way of Life ■
- Take Charge of What's Around You ■
- Four Keys to Healthy Eating Out ■
- Talk Back to Negative Thoughts ■
- The Slippery Slope of Lifestyle Change ■
- Ways to Stay Motivated ■



NORTH DAKOTA
DEPARTMENT of HEALTH