

Diabetes Prevention Program

A proven program to prevent or delay type 2 diabetes



The opportunity to change your life...

“This program has taught me that in order to achieve weight loss, you need to make permanent changes to your lifestyle. I have learned that cutting down on calories is an important step in reaching a healthy weight. Also exercise is very important too. Whatever form of exercise you choose.”

~ Dean J.

“The best thing about the program was bringing an awareness to my eating and my physical activity. Tracking helped me to know where to make changes in my physical activity and what I was eating. By cutting out some sugars and fats, I noticed I felt better. Not only physically, but mentally as well. I did not ache as much and I didn't have depression like I did.”

~ Mary C.

“I would highly recommend this class as a way to get yourself on track with your diet and exercise to prevent diabetes. It is a lifestyle change. But once you commit to it, it really is an easy change. You just have to decide that you are doing it for yourself and no one else. Remember that you deserve to have a healthy life without diabetes.”

~ Jan O.

“The best part of this program is the support system. Not only are the coaches supportive, but the others that are attending the program will soon become your new cheer system.”

~ Courtnee S.

- The program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC)
- It is proven to help people lose weight and lower their risk for type 2 diabetes
- To be eligible, you must have a diagnosis of pre-diabetes with blood test (A1c)
- Focus is on lifestyle change for better health
- Utilizes lifestyle coaches and group support
- **FREE** for 23 sessions over 12 months

For more information and to register, contact Sanford Bemidji Diabetes Prevention Program at (218) 333-4670.

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