

# DIABETES PREVENTION PROGRAM: PREVENT T2

## WHEN

Starting January 3rd, 2018  
Then every Wednesday for 16 weeks from  
12:00-1:00 pm, 7-12 months once monthly  
from 12:00-1:00pm

## WHERE

Stockbridge-Munsee Health and Wellness  
Center Lower Level Conference Room

**FEATURING** • Year long diabetes prevention program, once weekly (Wednesday's at 12:00-1:00pm) for 16 weeks, then once monthly for months 7-12. This is a group program to help with weight loss, physical activity, and dietary habits.

**TO SIGN UP OR WITH QUESTIONS CONTACT:  
CASEY ROSENBERG, RD AT 715-793-5006**

## PROGRAM FEATURES:

**WEIGHT LOSS IN  
GROUP SETTING**

**ACCOUNTABILITY  
FOR TYPE 2 DIABE-  
TES PREVENTION**

**PHYSICAL ACTIVITY  
GOALS**

**NUTRITION AND  
HEALTHY EATING**

**STRESS  
MANAGEMENT**

**IDENTIFYING TRIG-  
GERS AND BARRI-  
ERS**