

DIABETES PREVENTION PROGRAM

DO YOU SUFFER FROM
PRE-DIABETES?

1 in 3 Americans has pre-diabetes and doesn't know it.
This program is covered by Medicare for those at risk.

THE DIABETES PREVENTION PROGRAM INCLUDES

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active & manage stress
- Support from other participants that have the same goals as you
- 16 weekly group sessions
- 6 monthly follow-up group sessions

AN IN PERSON INFORMATIONAL MEETING

JULY 23RD, 2024
2:30 PM - 3:30 PM

For questions, email khaugerud@cumberlandhealthcare.com
or call 715.822.7072.

Take the "1-Minute Risk Test" at www.preventdiabeteswi.org



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