

Diabetes Prevention Program



12 Month Virtual Group For Anyone With Pre-Diabetes.

All Participants Must Be:

- At Least 18 years old and not pregnant at the time of enrollment.
 - Overweight with a body mass index (BMI) of 25 or greater.
 - Hemoglobin A1C of 5.7% to 6.4% or fasting blood sugar of 100 to 125 mg/dl.
- or**
- Have been previously diagnosed with gestational diabetes (this may be self-reported).

Program Goals:

Prevent type 2 diabetes in those diagnosed with pre-diabetes or at high risk of developing diabetes by:

- Reducing body weight 5 - 7%.
- 150 minutes of activity per week.

Are You Interested?

- Learn more by calling NorthLakes Community Clinic - Ashland: **(715) 685-2200**.
- There is a \$120 fee for the session: this includes 24 sessions and all needed materials.
- New classes start in January and September each year.
- The first 16 sessions are provided weekly.
- No need to be a NorthLakes patient.
- Sliding Fee Scale eligible.

Participants may also enroll on the basis of a high risk score using the ADA/CDC Pre-Diabetes Risk Test.

Go to:

<https://bit.ly/DiabetesTestNLCC>
or scan this QR Code to take the test.



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