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.