



# Diabetes Prevention Program

## 12-month Virtual Group for Anyone with Prediabetes

### All Participants Must:

- Be at least 18 years old and not pregnant at the time of enrollment.
- Be overweight with a body mass index (BMI) of 25 or greater.
- Have a 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 diabetes in those diagnosed with prediabetes or at high-risk for developing diabetes by:

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

### Are You Interested?

- A new class group starts winter and fall of each year.
- Call NorthLakes Community Clinic - Ashland at **(715) 685-2200** to learn more.
- There is a \$120 fee for the session; this includes 24 sessions and all needed materials.
- The first 16 sessions are provided weekly.
- No need to be a NorthLakes patient.
- Sliding Fee Scale eligible.

**NorthLakes**  
COMMUNITY CLINIC

[nlccwi.org](http://nlccwi.org)

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

Go to:

<https://bit.ly/DiabetesTestNLCC>

or scan this QR Code to take the test.

