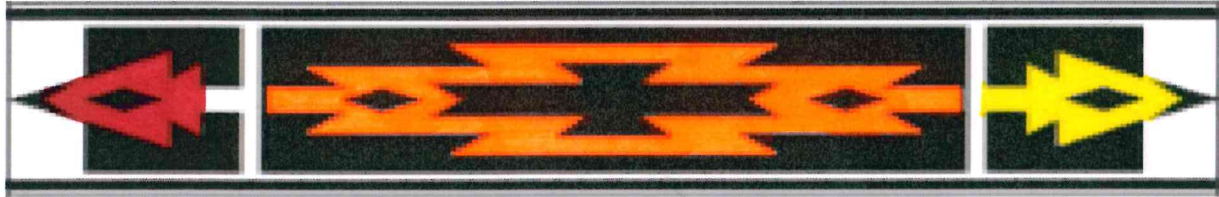


# DIABETES PREVENTION PROGRAM



The Grand Ronde Health & Wellness Diabetes Program would like to invite you to participate in our Diabetes Prevention Program. The Diabetes Prevention Program is based on the findings of a national study that diabetes is preventable in those at high risk through exercise and proper nutrition. The focus of the program is on making sustainable lifestyle changes to prevent diabetes.

## What is Pre-Diabetes?

- ❖ Pre-diabetes is a condition where blood sugar levels are higher than normal but are not high enough to be called diabetes. (A1C of 5.7-6.4)

## What Will I be asked to do?

- ❖ Become more physically active and learn healthier eating habits.
- ❖ Attend 26 classes over a 1 year period.
- ❖ Work with a Lifestyle Coach to eat healthier, lose weight, & get more active, to improve your overall well-being!

## How Can I Join the Program?

- ❖ Please attend one of our upcoming informational meetings to be held at the Tribal Community Center. (Door Prizes)
- ❖ AUGUST 22<sup>nd</sup> from 5pm-7pm- DINNER IS PROVIDED
- ❖ AUGUST 24<sup>th</sup> from 12pm-1pm- LUNCH IS PROVIDED
- ❖ AUGUST 26<sup>th</sup> from 12pm-1pm- LUNCH IS PROVIDED
- ❖ CLASSES BEGIN IN OCTOBER 2016

**FOR MORE INFORMATION or to RSVP PLEASE  
CONTACT: Kari at 503-879-2078**

