

Bremer County Health Department

DIABETES PREVENTION PROGRAM

What is the diabetes prevention program?

-A **FREE** structured 12 month weight-loss program provided by a certified lifestyle coach.

-Participants learn how to grocery shop on a budget, make proper nutritional choices while out to eat, track food intake, ways to incorporate exercise into lifestyle both in and outside of gym, and learn ways to cope with stress associated with these lifestyle changes.

-Group setting where everyone is encouraged to participate and provide ideas on how to motivate each other.

Who is eligible?

-Persons 18 years of age or older AND overweight.

-Women previously diagnosed with gestational diabetes.

-Anyone who's had a blood test indicating pre-diabetes.

****Must be 18 and not already diagnosed with diabetes to participate****

Goals of Program:

-5-7% weight loss over 12 months

-150 minutes per week of activity

-Overall maintainable lifestyle changes in fitness and nutrition

When and where are classes?

-Sessions start every January and July!

---July 2018 classes start July 12, 2018

---January 2019 classes start January 8, 2019

-Classes are held at the Bremer County Health Department located at 403 3rd Street SE Waverly, IA 50677. All classes start at 5:00 PM.



Click here to take our prediabetes quiz & enroll in our Diabetes Prevention Program today!

Call (319) 352-0082
or visit

www.co.bremer.ia.us for more information

