

Chronic Disease Prevention in Kalkaska County

Diabetes Prevention and Education

National Diabetes Prevention Program	Program for individuals diagnosed with pre diabetes or at risk for diabetes, 1 year course	(231) 258-8669	625 Courthouse Drive Kalkaska, MI 49646 www.dhd10.org
Pre-Diabetes Class	Three hour group class, first Monday of the month 8:45am-12:00pm, \$50.00 charge	(231) 935-8200	1105 Sixth Street, Traverse City, MI 49684 www.munsonhealthcare.org
Diabetes Education	Initial, individual, 2 hour appointment with 10 hours of group education to follow	(231) 935-8200	1105 Sixth Street, Traverse City, MI 49684 www.munsonhealthcare.org
Adult Diabetes Support Group	2 nd Wednesday of each month at Munson Medical Center	(231) 935-8200	1105 Sixth Street, Traverse City, MI 49684 www.munsonhealthcare.org
Northern Michigan Diabetes Initiative		(231) 935-9227	550 Munson Ave, Traverse City, MI 49684 www.nmdiabetes.org

Weight Management

Taking off Pounds Sensibly (TOPS)	Weight Loss support group	(231) 392-1792	United Methodist Church 2525 Beebe Road NW Kalkaska, MI 49646 www.tops.org
Weight Watchers	Weight Loss support group	(231) 258-5913	Kaliseum 1900 Fairgrounds Road Kalkaska, MI 49646 www.weightwatchers.com



Losing just 7% of your body weight can reduce your risk of developing Type 2 diabetes and heart disease!

Provided by:

LIVE WELL

District Health Department #10
Healthy People. Healthy Communities.