

# Chronic Disease Prevention in Oceana 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) 316-8578	3986 N Oceana Dr Hart, MI 49420 <a href="http://www.dhd10.org">www.dhd10.org</a>
MSU-Extensions	National Diabetes Prevention Program and PATH classes	(231) 873-2129	210 East Johnson St. Hart, MI 49420 <a href="http://msue.anr.msu.edu">msue.anr.msu.edu</a>

## Weight Management

Taking off Pounds Sensibly (TOPS)	Please visit Mason County or Newaygo County pages for TOPS programming	(313) 743-3142	<a href="http://www.tops.org">www.tops.org</a>
Weight Watchers	First Congregational Church- Shelby Thursdays at 6:00 pm	(800) 651-6000	51 E. Third St. Shelby, MI 49455 <a href="http://www.weightwatchers.com">www.weightwatchers.com</a>



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

Provided by:

