

# Chronic Disease Prevention in Mason 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) 845-7381	916 Diana St Ludington, MI 49431 <a href="http://www.dhd10.org">www.dhd10.org</a>
Diabetes Self-Management Education Program	Covers topics such as living with diabetes, how it affects the body, diabetic medications, meal planning and nutrition, physical activity, self-monitoring of diabetes, sick day management, preventing acute and long-term complications, and personal health habits including stress management	(231) 845-2237	One Atkinson Drive Ludington, MI 49431 <a href="http://www.spectrumhealth.org">www.spectrumhealth.org</a>

## Weight Management

Taking off Pounds Sensibly (TOPS)	Nonprofit, weight-loss support and wellness education organization	(313) 743-3142	209 N Rowe St Lower LEVEL Ludington, MI 49431 <a href="http://www.tops.org/">http://www.tops.org/</a>
Weight Watchers	Group support and a lenient eating program, it continues to prove very popular with participants of all ages and varied weight goals	(800) 651-6000	Calvary Baptist Church 220 N. Jebavy Dr. Ludington, MI 49431 <a href="http://www.weightwatchers.com">www.weightwatchers.com</a>
All about Me! Curves of Ludington	Boxing Classes, Core Training & Flexibility, Kick Boxing Classes, Personal Training, Weight Management	(231) 843-6694	5790 US-10 Ludington, MI 49431 <a href="http://www.curves.com">www.curves.com</a>



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

Provided by: