

CHRONIC DISEASE PREVENTION- MASON COUNTY



NATIONAL DIABETES PREVENTION PROGRAM

A one year program for individuals diagnosed with pre-diabetes or at risk for developing diabetes

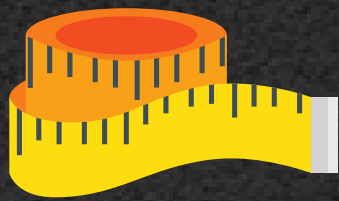
Call District Health Department #10 at 231-845-7381 or click [here](#) for more information.



DIABETES SUPPORT GROUP

This Type 2 Diabetes Support Group is offered the first Tuesday of the month at 7:00pm near the fireplace in the main lobby of Spectrum Health Ludington Hospital.

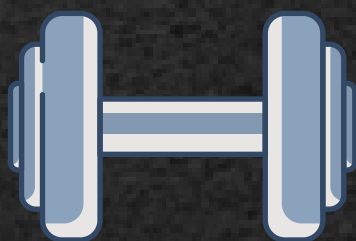
There is no fee to attend and all are welcome. Click [here](#) for more information



BIOMETRIC HEALTH SCREENINGS

Win With Wellness at Spectrum Health Ludington Hospital provides a free biometric health screening twice per year. The screenings measure health indicators that are closely tied to chronic disease.

Click [here](#) for more information



WEIGHT WATCHERS

This group support and lenient eating program meets every Tuesday at 5:00pm at the Ludington Area Senior Center (308 S. Rowe St, Ludington, MI 49431)

Please call 231-845-6841 for more information