

# Chronic Disease Prevention in Lake County

## Diabetes Prevention and Education

District Health Department#10	Program for individuals diagnosed with pre diabetes or at risk for diabetes, 1 year course	(231) 745-4663 ext. 8558	5681 M-37 Baldwin, MI 40204
Diabetes Support Group: Reed City	Intended for those that wish to gain more information on the topic of diabetes. The group meets the last Tuesday of the month at 4:00 pm. <i>Topic schedule online</i>	(231) 592-4483	219 E Church St. Reed City, MI 49677
MSU Extension	Program for individuals diagnosed with pre diabetes or at risk for diabetes, 1 year course	231-745-2732	

## Weight Management

Taking off Pounds Sensibly (TOPS)	St Paul Lutheran Church, Reed City Mondays at 5:30pm	(313) 743-3142	22275 4 Mile Road – Library Reed City, MI 49677 <a href="http://www.tops.org">www.tops.org</a>
Weight Watchers	Trinity Lutheran Church, Reed City Mondays @5:30pm		19778 US Highway 10 Reed City, MI 49677 <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!**