

# Chronic Disease Prevention in Crawford County

## Diabetes Prevention and Education

National Diabetes Prevention Program	Program for individuals diagnosed with pre diabetes or at risk for diabetes, 1 year course	(989) 348-7800	501 Norway St. Grayling, MI 49738 <a href="http://www.dhd10.org">www.dhd10.org</a>
Diabetes Education	Individual education, glucose monitoring, carb counting, weight management	(989) 348-0455	1100 E. Michigan Ave Grayling, MI 49738 <a href="http://mercyhealthgrayling.com">mercyhealthgrayling.com</a>

## Weight Management

Taking off Pounds Sensibly (TOPS)	St. John's Lutheran Church Thursdays @ 4:30pm	(231) 392-1792	710 Spruce St <a href="http://www.tops.org">www.tops.org</a>
Weight Watchers	Mt.Hope Church Wednesdays @ Noon; Thursdays @ 5:30pm	(989) 732-4245	1672 M-32 East Gaylord, MI <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!**