

Chronic Disease Prevention in Manistee County

Diabetes Prevention and Education

District Health Department#10	Program for individuals diagnosed with pre diabetes or at risk for diabetes, 1 year course	231-723-3595 ext. 8558	385 3 rd St. Manistee www.dhd10.org
Diabetes Self-Management Ed	Self-management education program consisting of group and individual covering: treatment, nutrition, glucose monitoring, exercise, medications, and psychosocial adjustment. A physician referral is required.	(231) 398-1680	West Shore Medical Center 1465 East Parkdale Avenue, Manistee, MI 49660
Crystal Lake Clinic	Diabetes Self- Management	Manistee: 231-723-3567 Bear Lake: 231-864-3314	Manistee Clinic: 2198 US-31 S Bear Lake Clinic: 8225 Lake St www.crystallakeclinic.com

Weight Management

Taking off Pounds Sensibly (TOPS)	First Baptist Church (Manistee) Mondays @ 3:30pm Wednesdays @ 10:45am	313-743-3142	FBC: 1201 Lakeshore Road Manistee
	Epworth United Methodist Church Wednesdays @ 9:00am		EUMC: 3939 Highbridge Rd. Brethren
	United Methodist Church Mondays @ 9:30 am		UMC:7861 Main Street Bear Lake www.tops.org
Weight Watchers	Days Inn of Manistee Thursdays @ 5:30pm	231-392-1792	1462 South US 31 www.weightwatchers.com



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