

Learn how to create a healthier lifestyle and prevent diabetes in this 16 week diabetes prevention program. Groups will meet with trained lifestyle coaches once a week to help participants lose weight, eat healthier and increase physical activity.



**I CAN**  
**Prevent Diabetes!**

Individuals and Communities  
Acting Now to Prevent Diabetes ©

**WEEKLY CLASSES BEGIN:**

Mondays, August 1 --- November 14, 5:15 pm - 6:15 pm

*\$80 fee, with incentives offered for regular participation*

This program will be held for 16 weeks.  
See the program brochure for a more detailed outline.

In partnership with the Minnesota Department of Health - SHIP program

**COACHES:**

Stacie Stindtman, RD, LD  
Darlene Turner, CNP, CDE

**UHD Clinic Classroom**  
**515 South Moore**  
**Blue Earth, MN 56013**

**Register  
Today!**

Call the UHD Clinic:  
**(507) 526-7388**

