

You have been identified as a potential participant for the upcoming “I CAN Prevent Diabetes” program by your healthcare provider. The enclosed brochure describes the 16 week program that will be starting on August 1, to help you in making lifestyle changes to help prevent the onset of diabetes. The main emphasis of this program is modest weight reduction and increasing physical activity.

We will meet on Monday evenings at xxx Clinic in City, MN in a group setting and learn together different tools to help us to make healthy choices. If there is enough interest, we may offer an afternoon session on the same day.

We were trained by the Minnesota Department of Health to facilitate this course and are excited to be able to offer it in our City. The success of the program is dependent on completing the program so we are offering incentives for those who attend at least 14 weeks. We are excited to be able to help you increase your chance at preventing diabetes. Please call us with any questions about the program.

Please call the clinic at (999)999 -9999 to register by July 10, so that the appropriate materials can be ordered. The \$80 registration fee will be collected at the first session on August 1.

Working together to prevent diabetes,

Stacie xxxxxxx, RD, LD
Darlene xxxxxx, CNP, CDE