



Family Diabetes Prevention Program

♥ **Meet with a Registered Dietitian**

The Diabetes Prevention Program is 16 weekly core sessions with 6 monthly maintenance sessions designed to support your lifestyle change goals. The class is evidenced-based to help participants lose 5-7% of body weight and keep it off.

♥ **Create and implement plans to achieve your customized personal health goals**

Facilitated by a licensed lifestyle coach. Family participation is welcome and encouraged.

♥ **Incentives are offered to encourage participation**

The DPP is a great way to get the whole family onto a healthy lifestyle path together.

Classes begin: Tues., Sept. 1st, 4-5pm

Classes are one day a week via ZOOM:
<https://us02web.zoom.us/j/7015269550>

For more information contact:
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Lake County Tribal Health

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