



# My CHOICE...HEALTH™

Diabetes Prevention Program

## Host Location

Gary Burnstein Community Health Clinic  
45580 Woodward Ave.  
Pontiac, MI 48341

## Date

Information session on Tuesday, October 20, 2015  
Weekly sessions start on Tuesday, October 27, 2015

## Times

5:30–6:30 p.m.

## Register

Visit the National Kidney Foundation of Michigan at [www.nkfm.org/dpp](http://www.nkfm.org/dpp) to sign up online or call the NKFM at 800-482-1455. Questions? Email [preventdiabetes@nkfm.org](mailto:preventdiabetes@nkfm.org).

## Cost

This workshop is offered at no cost to qualified participants.

## Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. The **My Choice. . . My Health: Diabetes Prevention Program** will help you take steps to prevent type 2 diabetes.

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**Move those muscles**

.....  
**Control your portions**

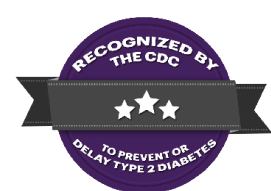
.....  
**Find your healthy weight**

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**Be part of a group**

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**Manage stress**

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**Stay motivated**

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**16 weekly sessions followed by monthly maintenance sessions**  
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National Kidney Foundation® of Michigan

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## **I have been diagnosed with diabetes. Is the NKFM's *My Choice. . . My Health*: Diabetes Prevention Program for me?**

This program is a prevention program for those who are or may be at risk of developing diabetes. If you are currently living with diabetes, NKFM can connect you to other resources to help you manage your diabetes, like Diabetes Self-Management Education (DSME) or NKFM's Diabetes-PATH program.

## **How do I know if I qualify for the program?**

To qualify for this program, individuals must be overweight, at a high risk for developing diabetes, or have been diagnosed with prediabetes by a physician. You can also take the CDC Prediabetes Test to determine your personal risk at [www.nkfm.org](http://www.nkfm.org). For more information on classes or to see if you qualify, email [preventdiabetes@nkfm.org](mailto:preventdiabetes@nkfm.org) or call the NKFM at 800-482-1455.

## **How long is the program and how often are sessions held?**

*My Choice. . . My Health* is a year-long program that consists of 16 weekly sessions, followed by monthly sessions for added support and to help maintain progress. Each session meeting is an hour long.

## **What happens in each session?**

In a group setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity, and other behavior changes. Topics covered include: healthy eating, getting started with physical activity, overcoming stress, staying motivated, and more!

## **Do I need to purchase any equipment before starting the program?**

No outside equipment is necessary for this program. Having a smartphone and tracking app may be helpful for tracking your food intake and physical activity, but is not required.

## **How do I register?**

You can register online at [www.nkfm.org/dpp](http://www.nkfm.org/dpp) by clicking on the class location you're interested in and submitting the registration form. You can also call the NKFM at 800-482-1455 to register.

## **Where can I find more information?**

For more information about the NKFM's *My Choice. . . My Health*: Diabetes Prevention Program, visit [www.nkfm.org/dpp](http://www.nkfm.org/dpp). To learn about the Center's for Disease Control and Prevention's (CDC) research on the National Diabetes Prevention Program, visit [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

