

CHRONIC DISEASE PREVENTION- WEXFORD COUNTY

NATIONAL DIABETES PREVENTION PROGRAM



A one year program for individuals diagnosed with pre-diabetes or at risk for developing diabetes

Call District Health Department #10 at 231-876-3803 or click [here](#) for more information.

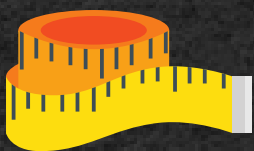
DIABETES EDUCATION



This program offers individual education, glucose monitoring, carb counting and weight management to participants.

Please call 231-876-7183 or click [here](#) for more information

TAKING OFF POUNDS SENSIBLY (TOPS)



This Weight Loss Support Group is held Mondays at Zion Lutheran Church (350 Pearl St, Cadillac, MI 49601)

Weigh in is at 5:00pm & meeting 6:00pm.

Please call 231-392-1792 or visit [here](#) for more information.
