

# HEALTHY LIFESTYLE PROGRAMS

*You have  
Options!*



## *Diabetes Education*

If you have diabetes, you know how challenging it can be to manage. A Diabetes Educator will work with you to develop a plan to stay healthy and give you the tools and ongoing support you need. **Call 218-878-2190 to schedule an appointment at MNAW or CAIR.**

Work with a Registered Dietitian on nutritional guidance for all ages and health concerns. **Call 218-878-2141 to speak with Barb.**

## *Nutrition Education*

## *Diabetes Prevention Program*

The DPP offers people with prediabetes, or at risk for diabetes, a lifestyle change program that has been shown to prevent or delay diabetes by 58%. **Call Chris 218-878-3721.**

*\*For those with prediabetes, gestational diabetes, or positive diabetes risk test*

Trained pharmacists can help you manage high blood pressure, high cholesterol, or diabetes and make adjustments to your medication. **Call 218-878-2157 for an appointment at MNAW or CAIR.**

## *Cardiometabolic Clinic*

## *Weight Management Support Group*

This is a weekly support group that helps you bridge the gap between the knowledge of how to make healthy lifestyle changes and reaching your goals. **Call 218-878-2141 to speak with Barb.**

Group workshops to help you manage diabetes and other health conditions. **Call Barb for more information 218-878-2141.**

## *Living Well Programs*

## *Health and Wellness Coaching*

Do you feel you need to make some lifestyle changes but don't know where to start? A Health and Wellness coach can help you connect the dots from where you are now to where you want to be in your health and well-being. **Call Chris 218-878-3721.**

Must meet program eligibility requirements.  
Fond du Lac Human Services Division