

HEALTHY LIFESTYLE PROGRAMS

Diabetes Prevention
Diabetes Management
Weight Loss



Diabetes Prevention Program

A trained lifestyle coach leads the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. This lifestyle change program is not a fad diet or an exercise class. And it's not a quick fix. It's a year-long program focused on long-term changes and lasting results. **Call Chris at 218-878-3721 for more information about the Diabetes Prevention Program.**

If you have diabetes, you know how challenging it can be to manage. As a member of your healthcare team, a diabetes educator makes managing your diabetes easier. Your diabetes educator will help you learn about all the things in your day-to-day life that can help control the disease—like exercise, nutrition, medications, and checking your blood sugar. **Call 218-878-2190 to schedule an appointment at MNAW or CAIR.**

Diabetes Education

Living Well with Chronic Conditions & Diabetes

If you live with any health condition or with diabetes and would like to improve your health and sense of well-being, these classes are for you. Participants make weekly action plans, share experiences and help each other solve problems as they carry out their self-management program. **For more information, contact Barb at 218-878-2141.**

This group meets weekly for one hour and includes group discussion, food demonstrations, and time to share ideas. Participants explore their habits, gain skills to overcome barriers to weight loss and get tools for changing diet and lifestyle. **Call Barb at 218-878-2141 for more information.**

Real Solutions Weight Management Support Group

Nutrition Counseling

A registered dietitian, or RD, provides nutrition counseling for a variety of medical conditions and serves as an important part of your health care team. They work with clients of all ages to create an eating plan that has the nutrients needed. RD's can also help you design a personalized weight loss plan. After learning about your health history, favorite foods, and eating habits, an RD will help you develop a safe and realistic eating plan that you can stick with. **Call 218-878-2190 to schedule an appointment at MNAW or CAIR.**

This group enjoys a healthy lunch while playing diabetes bingo and includes an opportunity to learn, share and get your questions answered. **Call Amanda at 218-878-2122 to reserve your spot at MNAW or CAIR.**

Diabetes Lunch & Learn

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