

CHRONIC DISEASE PREVENTION- MECOSTA 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 231-305-8673 or click [here](#) for more information.

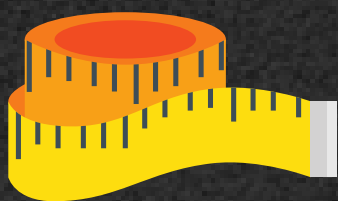
DIABETES SUPPORT GROUP



This Type 2 Diabetes Support Group is offered the first Wednesday of the month at 3:00pm at Spectrum Health Big Rapids Hospital (605 Oak St, Big Rapids, MI 49307)

Please call 231-592-4483 for more information

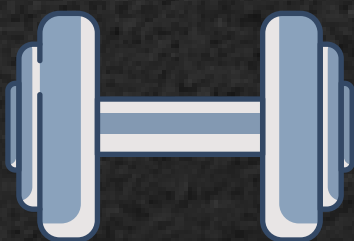
NATIONAL DIABETES PREVENTION PROGRAM



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

Call Michigan State University Extension at 231-592-0792 or click [here](#) for more information.

DINING WITH DIABETES



This program covers topics such as healthy eating, being active, monitoring, taking medications and reducing risks. Classes include research-based education, cooking demonstrations and healthy recipe tasting.

Call Michigan State University Extension at 231-592-0792 or click [here](#) for more information.

CHRONIC DISEASE PREVENTION- MECOSTA COUNTY

TAKING POUNDS OFF SENSIBLY- MECOSTA COUNTY



This Weight Loss Support Group is held Tuesdays at 8:30am in the basement of United Church of Big Rapids (120 S. State St, Big Rapids, MI 49307)

Please call 313-743-3142 for more information.

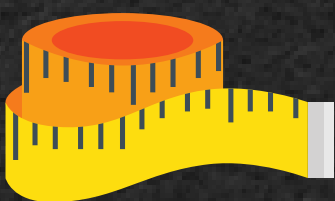
WEIGHT WATCHERS- BIG RAPIDS



This group support and lenient eating program meets Tuesdays at 9:30am and Thursdays at 6:00pm at the Big Rapids Assembly of God (14200 Northland Dr, Big Rapids, MI 49307)

For more information or to register online click [here](#)

WEIGHT WATCHERS- VILLAGE OF MECOSTA



This group support and lenient eating program meets Thursdays at 5:30pm at New Hope United Methodist Church (7296 Nine Mile Rd, Mecosta, MI 49332)

For more information or to register online click [here](#)
