

Chronic Disease Prevention in Wexford County

Diabetes Prevention and Education

National Diabetes Prevention Program	Program for individuals diagnosed with pre diabetes or at risk for diabetes, 1 year course	(231) 876-3803	521 Cobb St., Cadillac, MI 49601 www.dhd10.org
Diabetes Education	Individual education, glucose monitoring, carb counting, weight management	(231) 876-7183	400 Hobart St. Cadillac, MI 49601 munsonhealthcare.org

Weight Management

Taking off Pounds Sensibly (TOPS)	Weight loss support group Mondays, weigh in at 5:30pm, meeting at 6:30pm	(231) 392-1792	Zion Lutheran Church 350 Pearl St., Cadillac, MI 49601 www.tops.org
Weight Watchers	Weight loss support group	(231) 941-5797	First Church of the Nazarene 1125 E Division St., Cadillac, MI 49601 www.weightwatchers.com



Losing just 7% of your body weight can
reduce your risk of developing Type 2
diabetes and heart disease!

Provided by:

LIVE WELL

**District Health
Department #10**
Healthy People. Healthy Communities