

CHRONIC DISEASE PREVENTION- MISSAUKEE 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.

TAKING OFF POUNDS SENSIBLY (TOPS)

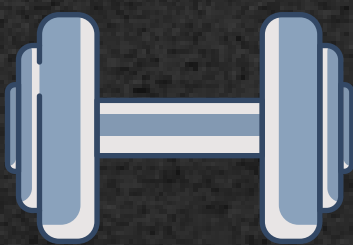


This Weight Loss Support Group is held Thursdays in the lower level of Evangelical Presbyterian Church (5804 W. Houghton Lake Rd, Lake City, MI 49651).

Weigh in at 9:00am & meeting at 10:00am.

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

WEIGHT WATCHERS



This group support and lenient eating program meets every Monday at 6:00pm at United Methodist Church (301 E. John St, Lake City, MI 49651)

Please call 800-651-6000 or visit [here](#) for more information
