

# CHRONIC DISEASE PREVENTION- MASON COUNTY

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## 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 231-845-7381 or click [here](#) for more information.

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## DIABETES SUPPORT GROUP

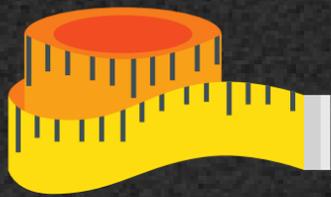


This Type 2 Diabetes Support Group is offered the first Tuesday of the month at 7:00pm near the fireplace in the main lobby of Spectrum Health Ludington Hospital.

There is no fee to attend and all are welcome. Click [here](#) for more information

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## BIOMETRIC HEALTH SCREENINGS

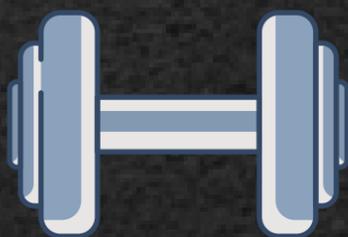


Win With Wellness at Spectrum Health Ludington Hospital provides a free biometric health screening twice per year. The screenings measure health indicators that are closely tied to chronic disease.

Click [here](#) for more information

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## WEIGHT WATCHERS



This group support and lenient eating program meets every Tuesday at 5:00pm at the Ludington Area Senior Center (308 S. Rowe St, Ludington, MI 49431)

Please call 231-845-6841 for more information