

# CHRONIC DISEASE PREVENTION- WEXFORD 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 231-876-3803 or click [here](#) for more information.

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## DIABETES EDUCATION

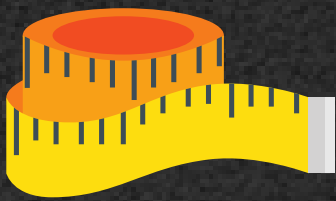


This program offers individual education, glucose monitoring, carb counting and weight management to participants.

Please call 231-876-7183 or click [here](#) for more information

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## TAKEING OFF POUNDS SENSIBLY (TOPS)



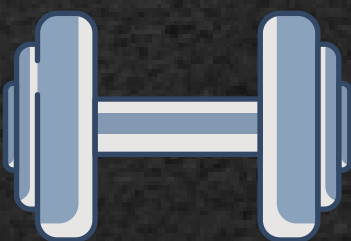
This Weight Loss Support Group is held Mondays at Zion Lutheran Church (350 Pearl St, Cadillac, MI 49601)

Weigh in is at 5:30pm & meeting 6:30pm.

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

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## WEIGHT WATCHERS



This group support and lenient eating program meets at the First Church of the Nazarene (1125 E. Division St, Cadillac, MI 49601)

Please call 231-941-5797 or click [here](#) for more information