

# Chronic Disease Prevention in Missaukee 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 | 6180 W. Sanborn Road Suite #1<br>Lake City, MI 49651<br><a href="http://www.dhd10.org">www.dhd10.org</a> |
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## Weight Management

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|-----------------------------------|--|----------------|--|
| Taking off Pounds Sensibly (TOPS) | Weight loss support group<br>Thursdays – 9am weigh in, 10am meeting, lower level of<br>Evangelical Presbyterian Church | (231) 392-1792 | 5804 W Houghton Lake Rd.<br>Lake City, MI 49651<br><a href="http://www.tops.org">www.tops.org</a>            |
| Weight Watchers                   | Weight loss support group<br>Mondays @ 6pm at<br>United Methodist Church   | (800) 651-6000 | 301 E. John St.<br>Lake City, MI 49651<br><a href="http://www.weightwatchers.com">www.weightwatchers.com</a> |



**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