



Family Diabetes Prevention Program

♥ **Meet with a Registered Dietitian**

♥ **Create and implement plans to achieve your customized personal health goals**

♥ **Incentives are offered to encourage participation**

The Diabetes Prevention Program is 16 weekly core sessions with 6 monthly maintenance sessions designed to support your lifestyle change goals. The class is evidenced-based to help participants lose 5-7% of body weight and keep it off.

Facilitated by a licensed lifestyle coach. Family participation is welcome and encouraged.

The DPP is a great way to get the whole family onto a healthy lifestyle path together.

**Classes are one day a week
Every Tuesday, July 13th - Nov. 23rd
4:00pm - 5:00pm On Zoom**

<https://us02web.zoom.us/j/83701315671>

MEETING ID: 837 0131 5672. ONE TAP MOBILE: 16699006833

**For more information contact:
Sonda Whipple (707) 263-8382, ext. 1613**



Lake County Tribal Health

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