



Looking to IMPROVE YOUR HEALTH?

Have you ever been told by a health care professional that you:

- Are at risk for developing diabetes?
- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

If so, you may be at risk for developing Type 2 Diabetes.
Don't fret, there is something you can do about it now!

St. Mary's of Michigan, in partnership with Michigan Health Improvement Alliance, is now offering MiHIA Diabetes Prevention Program (DPP), a group-facilitated lifestyle change program developed by the Centers for Disease Control and Prevention (CDC). The program has been proven to reduce the risk of Type 2 Diabetes. By taking part in the program, you will learn the skills you need to lose weight, become more physically active and manage stress with the help of a trained lifestyle coach and the support from your fellow classmates.

For more information, please call Mel (989) 907-7603

Believe
IN BETTER



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