

NATIONALLY-RECOGNIZED

Diabetes Prevention Program at McPherson Hospital starting January 22, 2019!

FORMAT



- 12-month duration
- Group format
- Taught by qualified health educators
- One-hour classes
- Average 58% reduction in risk



- Must have prediabetes diagnosis
- Call for information on how to find out
- Focus on healthy diet, exercise and stress management



PROGRAM

DETAILS

- Led by:
Suzanne Fleming, MS, RDN, LD
and other health professionals
- Classes at the hospital's
East Annex
- Program fee of \$175 is covered by
Medicare and some private
insurance.

Call today!

620.241.2251, x 179
for more information.

