

# Diabetes Prevention Program

## Proven Lifestyle Change Program



### Centers For Disease Control McHenry County Department of Health

This program is offered at *NO COST* and runs for 1 year with a total of 22 classes. Participants will be guided by trained coaches who will encourage them to lose 5% to 7% of their body weight by increasing physical activity and making healthy lifestyle changes. During the Overview Session participants will learn about prerequisites and expectations for attending classes.

**Participants must attend one of the following overview sessions in order to register for the class.**

**Overview Sessions will be held at 620 Dakota Street Crystal Lake (front building NAMI offices) from 6:00pm-7:00pm**

**Monday, June 24th**

**Wednesday, July 10th**

**Wednesday, June 26th**

**Monday, July 15th**

#### **Register**

**Online - [www.mcdh.info](http://www.mcdh.info)**

**Call - Carol Waggoner, RN at 815-334-4580**



#### **Class Schedule and Location**

**Tuesday or Thursday evenings 6:00pm -7:00pm**

**Beginning July 16th and 18th**

**Location is 620 Dakota Street Crystal Lake  
(front building -NAMI offices)**

