

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

Tuesday July 7th

Thursday July 9th

Tuesday July 14

Thursday July 16

Register

Online - 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 28 and July 30

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

Class schedule on back



In partnership with NAMI of McHenry County.



McHenry
County