



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 on Zoom
Every Tuesday, Sept. 20th - Dec. 20th
3:00pm - 4:00pm**

<https://us06web.zoom.us/j/88023105534?pwd=eGh0a1F-pazVQb1JBY2tGanRmMjVWQT09>

MEETING ID: 880 2310 5534 PASSCODE: 826347
ONE TAP MOBILE: 16699006833

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



Lake County Tribal Health

Modern Medicine  Personalized Care

707-263-8382
1-800-750-7181

925 Bevins Ct., Lakeport
www.lcthc.com