



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.

Family participation is welcome and encouraged. The DPP is a great way to get the whole family onto a healthy lifestyle path together.

Facilitated by Licensed Lifestyle Coach, Sonda Whipple.

OPEN TO ALL LCTHC PATIENTS
Every Tuesday, March 26th - July 9th
12:00pm - 1:00pm

Join us in-person at Upperlake Tribal Building
9460 Main Street, Upperlake, CA 95485

LUNCH WILL BE PROVIDED.

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



Lake County Tribal Health

Modern Medicine  *Personalized Care*

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