



Nutrition Plan

Prevent T2
presents:

MEDICARE DIABETES PREVENTION PROGRAM

WHAT YOU GET

- Classes lead by certified lifestyle change coach
- Group support
- Nutrition guidance
- Exercise recommendations
- Stress management techniques
- Meal planning, cooking, and grocery shopping tips
- Gained knowledge of diabetes prevention and other chronic diseases

A ONE-YEAR
LIFESTYLE CHANGE
PROGRAM
COMPLETELY
COVERED BY
MEDICARE!

CLASSES START
THURS, SEPT 22
10AM-11AM
AT THE
MISSOULA
FOOD BANK

Missoula Public Health
City-County Health Department

CONTACT COURTNEY TO ENROLL!
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