The National Diabetes Prevention Program (NDPP) is a program proven to motivate and support people at risk for developing diabetes and those with prediabetes to make practical, real-life changes and cut their risk of developing type 2 diabetes by more than half. The program can show you how to make better food choices, be more physically active and find helpful ways to cope with problems and stress.

You’ll work with a trained lifestyle coach and a small group of people who share the same goal. MSU Extension has achieved full program recognition from the Centers for Disease Control and Prevention. The program consists of 16 weekly sessions within the first 6 months followed by 6 monthly sessions.

Do you have prediabetes? Visit www.DoIHavePrediabetes.org.

There is a class starting soon! Take the first step toward lasting change.

Location: Memorial Community Wellness, Nutrition, and Diabetes Center, 317 N Elm St., Owosso (Inside Woodard Station)

Time: 5:30 pm to 6:30 pm

Cost: $50. The actual cost of the National Diabetes Prevention Program is $650, but with the support of Michigan State University Extension and Memorial Healthcare, the cost of this workshop is reduced to $50 per person. Financial assistance may be available upon request.

For more information call the Memorial Diabetes & Nutritional Counseling Center, 989-729-4700 or Sean Knurek, MSU Extension educator, 989-743-2254.

Register online: https://events.anr.msu.edu/NDPPOwosso2020/ or contact Sean Knurek, 989-743-2254 or knurekse@msu.edu