

DIABETES IS NOT YOUR DESTINY



*Join our Diabetes
Prevention
Program*



LEARN HOW TO PREVENT DIABETES THROUGH LIFESTYLE CHANGES WITH DIET AND EXERCISE. IN THIS PROGRAM YOU WILL LEARN ABOUT NUTRITION, HOW TO BE ACTIVE, AND STRESS MANAGEMENT.

Through this 12 month program we will...

- Meet weekly for **1 hour for the first 4 months.**
- Then, **once a month for the last 6 months.**
- Some classes will be held in person, some will be held virtually.
- **Zero cost to you!** You will be provided all the materials needed.
(For AI/AN and ALL GLIHC patients)
- **Prizes & Giveaways** for those who remain committed!

To sign up please contact Sarah Barron at sbarron@gliihc.net

Supporting the community to prevent and manage chronic disease through education and awareness while strengthening and restoring traditional practices of healthy living.

**LET US LEAD
you in your
journey
to live life
WITHOUT
DIABETES**

FOR MORE INFORMATION:

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