Ask about these details:

Location: New River Medical Center, Mississippi Conference Room

Time: 6 – 7 p.m. Wednesdays

Start date and end date:

Wed, Feb 6th – Wed, May 22nd

Program fees: $160

Minimum of 5

Maximum of 15

For more information:

Ann Marie Burgeson, BSN, RN, MSN, NP-C
Certified Nurse Practioner
p. 763-271-2200
f. 763-271-1799

Jennifer Femrite, RD, LD, CDE
Dietitian – Certified Diabetes Educator
p. 763.271.2405
f. 763.271.2439
jennifer.femrite@newrivermedical.com

Casey Ocken, BSN, RN
Diabetes Nurse Educator
p. 763.271-2304
f. 763-271-2439
casey.ocken@newrivermedical.com

New River Medical Center's Diabetes Education Office

763.271.2405

New River Medical Center
1013 Hart Boulevard
Monticello, MN 55362
763.295.2945

www.newrivermedical.com

New River
MEDICAL CENTER

www.newrivermedical.com

New River
MEDICAL CENTER

I CAN Prevent Diabetes!
Individuals and Communities
Acting Now to Prevent Diabetes

Sponsored and certified by the Minnesota Dept of Health, Diabetes Program, in partnership with participating organizations
www.icanpreventdiabetes.org

New River Medical Center
1013 Hart Boulevard
Monticello, MN 55362
763.271.2422

www.newrivermedical.com

I CAN Prevent Diabetes! Is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes. Pre-diabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes.

An individual with pre-diabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5-7% weight loss (usually about 10-15 pounds) are often effective enough to bring blood sugar levels back down to a healthy range.

Similar diabetes prevention programs (DPP) are offered at the Metro-YMCA and the Indian Health Board of Minneapolis. They do not use the I CAN Prevent Diabetes name, but the content are the same. Call these organizations for more information.

More information about the I CAN Prevent Diabetes Program can be found at:

www.icanpreventdiabetes.org.

More information about pre-diabetes and preventing type 2 diabetes can be found at:

- **American Diabetes Assiciation,** http://www.diabetes.org/pre-diabetes.jsp
- **National Diabetes Education Program,** http://www.YourDiabetesInfo.org

Session Description

Session 1: Welcome and Getting Started

Session 2: Be a Fat and Calorie Detective

Session 3: Ways to Eat Less Fat and Fewer Calories

Session 4: Healthy Eating

Session 5: Move Those Muscles

Session 6: Being Active: A Way of Life

Session 7: Tip the Calorie Balance

Session 8: Take Charge of What's Around You

Session 9: Problem Solving

Session 10: Four Keys to Healthy Eating Out

Session 11: Talk Back to Negative Thoughts

Session 12: The Slippery Slope of Lifestyle Changes

Session 13: Jump Start Your Activity Plan

Session 14: Make Social Cues Work for You

Session 15: You Can Manage Stress

Session 16: Ways to Stay Motivated

About the I CAN Prevent Diabetes Program

Learn how to create a healthier lifestyle and prevent diabetes in this 16-week diabetes prevention program. Groups will meet with a trained instructor once a week to help participants lose weight, eat healthier and increase physical activity.

Classes are offered weekly for 16 weeks. Periodically, the program will include enhanced sessions where participants will focus on topics related to specific nutrition or physical activity concepts. If classes are cancelled due to inclement weather, additional sessions will be added to complete the 16-week program. Additional maintenance classes will be offered at each site.

Participants may be eligible if they are at least 18, do not currently have diabetes and are not pregnant. Talk to your health care provider to assess if you have pre-diabetes or are at risk of developing diabetes, and are healthy enough for moderate exercise such as walking.

At the end of the 16-week program, participants are encouraged to return to their health care provider for follow-up and on-going care.