Name_____

Address_____

Phone_____

Email_____

Checks should be made out to CentraCare Health - Monticello.
Please send checks and registration to:
CentraCare Health – Monticello
Attention: Community Education – I CAN Prevent Diabetes!
1301 Hart Boulevard, Monticello, MN 55362

Ask about these details:

Location:

CentraCare Health – Monticello
Mississippi Conference Room

Time:

Tuesdays 9:30-10:30am

Start date and end date:

September 3rd – December 17th

Program fees: $160

Minimum of 5

Maximum of 15

For more information:

Ann Marie Burgeson, BSN, RN, MSN, FNP-C
Certified Nurse Practitioner

Jennifer Femrite, RD, LD, CDE
Dietitian – Certified Diabetes Educator
p. 763-271-2405 f. 763-271-2439
FemriteJ@centracare.com

Casey Ocken, BSN, RN, CDE
Diabetes Nurse Educator
p. 763-271-2304 f. 763-271-2439
OckenC@centracare.com

CentraCare Health – Monticello Diabetes Education Office

763-271-2405

CentraCare Health - Monticello

1013 Hart Boulevard

Monticello, MN 55362

www.centracare.com

CENTRACARE Health
Monticello

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Monticello

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

CentraCare Health – Monticello
1013 Hart Boulevard
Monticello, MN 55362
www.centracare.com

Scholarship Opportunities

CentraCare Health – Monticello understands the importance of ensuring every member of our community has access to health and wellness education. Through a generous donation from the Wright County Area United Way, CentraCare Health –Monticello is able to offer scholarships to those who qualify for financial assistance in order to participate in this beneficial education series.

For more information on qualifying for a scholarship, call CentraCare Health – Monticello's Financial Counselor at 763-271-2337.

Wright County Area

United Way

P. O. Box 243, Monticello, MN 55362

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 Association,** 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 "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.