

## Are you ready to join DPP?

The Poarch Creek Health Department is proud to offer the Diabetes Prevention Program. Are you ready to make the changes to prevent or delay the onset of Diabetes? The DPP is a 16 week program that will help guide and support participants as they learn to make small healthy changes!

If you have been diagnosed with pre- Diabetes, history of gestational diabetes, BMI > 24, elevated fasting glucose or A1C of 5.7 – 6.4, please join today!

Classes start March 2<sup>nd</sup>, 2015. Classes will be offered at lunch to accommodate our busy work schedules. Lunch will be provided.

For additional information contact Kay Gattis @ 251-368-9136 ext. 2326, Donna Johnson @ etc. 2332, Kay Thomas @ ext. 2328, or Jill Lee @ ext. 2372.