

Small steps can prevent diabetes



Becoming more active and losing a moderate amount of weight can help you change your family history. **The National Diabetes Prevention Program** workshop will help you take steps to prevent diabetes.

- Move those muscles
- Control your portions
- Find your healthy weight
- Be part of a group
- Take back negative thoughts
- Manage stress
- Stay motivated
- AND...more

Location:	Chelsea Wellness Center, Conference Room
Date:	Informational Session on Wednesday, January 9, 2013
Time:	7:00-8:15 pm
Call to register:	Chelsea-Area Wellness Foundation 734-433-4599 or email info@5healthytowns.org
Cost:	Free