

Join Our Diabetes Prevention Program!

Wednesday's from 6:00pm—7:00pm
June 24th —September 30th 2015

Bay County Community Center
800 John F. Kennedy Drive
Bay City MI, 48708

Lifestyle Coach - Liz Warmbier
989-895-4281

Learn tips to:

Lower diabetes risk
Lose weight
Eat healthy
Manage stress
Stay motivated

Each participant will receive 3- \$50 gift-cards, from Meijer or Jack's Fruit Market, throughout the course of the program good towards fresh fruits and vegetables through the Bay County Health Department's Prescription for Health Pilot Program.