



# YOU CAN MAKE A CHANGE FOR LIFE



Have you ever been told by a health care professional that you:

- Are at risk for developing diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at risk for developing type 2 diabetes but there is something you can do about it.

Michigan Health Improvement Alliance is now offering MiHIA DPP, a group-facilitated lifestyle change program developed by the Centers for Disease Control and Prevention (CDC). The program has been proven to reduce the risk of type 2 diabetes. By taking part in the program, you will learn the skills you need to lose weight, become more physically active and manage stress with the help of a trained lifestyle coach and the support from your fellow classmates.

**Classes will be offered in a variety of community based locations beginning in early April.  
For more information, please visit [www.MiHIA.org](http://www.MiHIA.org).**

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