



# I have Prediabetes, Now What?

Did you know...  
that even in prediabetes blood sugars are higher than normal, which starts to cause problems throughout the body, such as in the blood vessels, kidneys and heart?

**The good news:**  
*Prediabetes can be reversed and diabetes can be prevented!*

**How?**  
*Lifestyle habits including physical activity and choosing healthy foods more often.*

## To start and keep healthy habits:

-  **Visit your providers regularly to stay on top of your health needs.**  
*\*Don't forget your eye doctor and dentist too!*
-  **Sign up for classes, like Prevent T2: Classes Start January 4th!**  
*\*Call 888-685-4422 ext. 35039 to learn more & to sign up.*
-  **Make an appointment with an Exercise Physiologist.**  
*BRF area: (888) 552-7889, ext. 35308  
Nekoosa, Wittenberg areas: (888) 685-4422, ext. 38764  
Dells, Tomah, La Crosse, Madison areas: (888) 685-4422, ext. 35611*
-  **Make an appointment with a Registered Dietitian Nutritionist.**  
*BRF, Tomah, Wittenberg areas: (888) 685-4422, ext. 35335  
BRF, La Crosse areas: (888) 685-4422, ext. 35340  
Dells, Nekoosa, Madison areas: (888) 552-7889, ext. 35554*





**RESOLVING TO GET HEALTHY IN THE NEW YEAR?**

**Call 888-685-4422 ext. 35039 to sign up!**

# PREVENT T2

## TYPE 2 DIABETES

### SCHEDULE FOR 2022

**CLASSES START JANUARY 4TH!**

Session 1	Welcome / Introduction	Jan 4	Kathleen
Session 2	Get Active to Prevent T2	Jan 11	Jess
Session 3	Track Your Activity	Jan 18	Nick
Session 4	Eat Well to Prevent T2	Feb 1	Kyla
Session 5	Track Your Food	Feb 8	Kyla
Session 6	Get More Active	Feb 15	Jess
Session 7	Burn Calories	Mar 1	Kathy
Session 8	Shop and Cook to Prevent T2	Mar 8	Kathy
Session 9	Manage Stress	Mar 15	Heather
Session 10	Find Time for Fitness	Mar 22	Kathleen
Session 11	Cope with Triggers	Apr 5	Kathy
Session 12	Keep Your Heart Healthy	Apr 19	Nick
Session 13	Take Charge of Your Thoughts	May 3	Heather
Session 14	Get Support	May 17	Nick
Session 15	Eat Well Away From Home	May 24	Heather
Session 16	Stay Motivated to Prevent T2	June 7	Kathleen

Classes are at 11a.m., virtual, via Zoom. Classes are interactive and we learn from each other. You will receive an invite to the session the Monday before class (all classes will be held on Tuesdays). You must have a minimum of a phone and an email address to participate in the classes. You may call into the sessions if you are unable to join via video. You will be assigned a Lifestyle Coach who will assist you with your goal setting.

Call Rachel Montana at 888-685-4422 ext. 35039 or email her at [rachel.montana@ho-chunk.com](mailto:rachel.montana@ho-chunk.com) to sign up or if you have any questions

