What’s my “why?”
Doing the things I love!

Join the National Diabetes Prevention Program... because your “Why” is the most important thing in your life!

A lifestyle change program focused on nutrition, movement, and changing habits to improve success.

- Tuesdays from 5:30–6:30 PM; in the Glacier Room at NVH
- Physician referral is required
- Cost $150; scholarships available

ADDITIONAL BENEFITS RECEIVED:
- Taught by registered dietitian and certified wellness coach
- Research based curriculum and evidence based program
- Learn to eat healthy food without giving up foods you love
- Learn ways to add physical activity into your busy schedule
- Learn ways to cope with challenges like how to choose healthy foods when traveling and eating out
- Free enrollment into Walk with Ease program for increased accountability and activity

INFORMATIONAL SESSION:
TUESDAY, JANUARY 28, 2020
5:30 PM | GLACIER ROOM AT NVH

SIGN UP TODAY! CALL (406) 863-3519
Classes Begin: Tuesday, February 4, 2020
Deadline to Register: January 31, 2020

NORTH VALLEY HOSPITAL
A different kind of hospital. A different kind of care.