

NEWS RELEASE

Panhandle

Public Health District

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For immediate release.

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86 Million American Adults have prediabetes—You could be one of them.

Don't miss your chance to join the no cost lifestyle change program in Morrill County. National Diabetes Prevention Program provides all of the important factors for sustaining long-term weight loss. Classes are being offered in Bayard and Bridgeport starting January 10th at 4pm.

During the year-long program, you will get the information and support needed to meet the overall goals of increasing physical activity and losing 5-7% of starting body weight. The support from the group and the coach help guide you along the way to overcoming barriers to a healthy lifestyle. NDPP focuses on healthy eating, physical activity, stress management, lifestyle change, and coping skills that support participants in successfully meeting their overall goals.

Are you ready to improve your health, increase your energy, lose weight and reduce your risk for chronic disease? If you answered yes, this program is for you. Trained lifestyle coaches, Cheri Scott with Bayard Public Schools, and Cheri Farris with Panhandle Public Health District will lead these classes. To register call (308)262-2217 or (855)227-2217 or email Cheri Farris at cfarris@pphd.org to register as class size is limited.

"I just had my health screening done and all of my numbers were down 3% or more!! I am confident that I can meet my personal goal and maybe beyond! Thank you NDPP for helping me get on the right track to a healthier me! P.S. my family thanks you, too!"

Cindy, Panhandle NDPP Participant

The National Diabetes Prevention Program in Morrill County is being offered in partnership by Morrill County Community Hospital, Bayard Public Schools, and Panhandle Public Health District. To learn more about the National Diabetes Prevention Program, visit the CDC's website: www.cdc.gov/diabetes/prevention/index.html. PPHD's website www.pphd.org or contact Tabi Prochazka at tprochazka@pphd.org or 308-487-3600 ext 107.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.