

NEWS RELEASE

Panhandle

Public Health District

March 5, 2018

For immediate release.

For more information, contact: *Cheri Farris*, email: cfarris@pphd.org, office: 308-262-2217

Local classes help you improve your health.

If we told you we could add years to your life and all it would cost you is your time and commitment – you might not believe us – but it's true. We are offering you the opportunity learn the skills to live a healthy lifestyle for no charge. This lifestyle change program focuses on healthy eating, physical activity, stress management, and coping skills. No gimmicks, just the support and tools you need to achieve a healthier you.

Are you ready to be a healthier version of yourself? Increase your energy? Lose weight? Reduce your risk for diabetes? Ready to do join the movement with the support of a trained lifestyle coach and ideas from the rest of the group?

- Yes, the National Diabetes Prevention Program is for you. Contact Cheri to join a community class today.
- No, contact Cheri to discuss other option to support your healthy goals.

Classes starting across the Panhandle this spring:

- Bridgeport: Tuesday, March 13 at 5pm
- Hemingford: Thursday, March 15 at 5pm
- Chadron: March 12

Take the first step today by contacting Cheri Farris, Community Health Educator with Panhandle Public Health District, email: cfarris@pphd.org, office: 308-262-2217 or cell: 308-220-8020.

"Diabetes is one of the most common and costly chronic health conditions in the United States," said Tabi Prochazka, Health Promotions Coordinator with PPHD. "The good news is that it is preventable. Working with partners across the Panhandle, we are providing residents with the tools and support to proactively prevent diabetes, and other chronic conditions, through the National Diabetes Prevention Program, an evidence based lifestyle change program."

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 you starting body weight. The support from the group and trained coach help guide you along the way to overcoming barriers to a healthy lifestyle.

Panhandle residents have seen great success since 2012. Almost 1,000 people have joined NDPP and lost approximately 9,000 pounds.

Pam, a participant, proclaims, “Doing this program has done a lot for how I feel about myself and my health. When I started I was on 3 pills for my blood pressure, and I’ve already cut one out and my doctor says I can cut out more if I keep going in the right direction. Plus, I started exercising 5 days a week, and man does that feel good!”

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.