



PANHANDLE HEALTH DISTRICT

# Diabetes Prevention Program

*FREE Informational Session*  
*Thur, January 14, 2021 | 12:00pm |*  
*Orientation Mon, January 25, 2021 |*  
*12:00pm |*  
*Official Session Start Date 2/1/2021*



**Public Health**  
Prevent. Promote. Protect.  
Panhandle Health District

2101 Pine St. Sandpoint, ID  
[www.panhandlehealthdistrict.org](http://www.panhandlehealthdistrict.org)

**STRUCTURED  
LIFESTYLE  
PROGRAM TO  
REDUCE RISK  
OF TYPE 2  
DIABETES!**

Learn about effective weight loss, physical activity, and nutrition.

Participants in this Medicare approved, evidence-based program receive group education and support facilitated by a trained lifestyle coach.

Enroll now for the Spring 2021 session!

208.263.5159