

BEAUMONT COMMUNITY DIABETES PROGRAMS



DIABETES PREVENTION PROGRAM 16 WEEKLY SESSIONS AND MONTHLY MAINTENANCE

This is a free, research-based program for those who want to prevent Type 2 diabetes. This program focuses on lifestyle changes related to healthy eating and physical activity, as well as problem solving and coping skills. The Diabetes Prevention Program has been proven to be twice as effective as medication alone at preventing Type 2 diabetes. This program consists of 16 weekly sessions, followed by monthly maintenance sessions.

Costick Center

28600 West Eleven Mile Road, Farmington Hills

Informational session:

Thursday, May 23, 6:30-7:30 p.m.

Weekly sessions:

Thursdays, starting June 6

HYPE - Dearborn Heights

23302 W. Warren Ave., Dearborn Heights

Informational session:

Monday, Aug. 26, 6-7 p.m.

Weekly sessions:

Mondays, starting Sept. 9

Oak Street Health - Southgate

13667 Eureka Road, Southgate

Informational session:

Tuesday, Aug. 27, 1-2 p.m.

Weekly sessions:

Tuesdays, starting Sept. 10

Oak Street Health - Detroit

18610 Fenkell Ave., Detroit

Informational session:

Wednesday, Aug. 28, 3-4 p.m.

Weekly sessions:

Wednesdays, starting Sept. 11



Western Wayne Family Health Center - Taylor

26650 Eureka Road, Taylor

Informational session:

Thursday, Aug. 29, 4-5 p.m.

Weekly sessions:

Thursdays, starting Sept. 12

St. Paul Lutheran Church

2550 Edsel St., Trenton

Informational session:

Monday, Sept. 9, 6-7 p.m.

Weekly sessions:

Mondays, starting Sept. 23

Wayne County Community College District, Mary Ellen Stempfle University Center

19305 Vernier Road, Harper Woods

Informational session:

Monday, Sept. 16, 6-7 p.m.

Weekly sessions:

Mondays, starting Sept. 30

Costick Center

28600 W. Eleven Mile Road, Farmington Hills

Informational session:

Monday, Sept. 16, 10:30-11:30 a.m.

Weekly sessions:

Mondays, starting Sept. 30

Oak Park Community Center

14300 Oak Park Blvd., Oak Park

Informational session:

Tuesday, Sept. 24, 6-7 p.m.

Weekly sessions:

Tuesday, starting Oct. 8

BEAUMONT COMMUNITY DIABETES PROGRAMS



DIABETES PERSONAL ACTION TOWARD HEALTH SIX WEEKS

This free program is designed to provide skills and tools to help people living with Type 2 diabetes and their support system live a healthier life. Learn problem-solving techniques, ways to communicate better with your health care team, balancing your blood sugar and how to improve your overall health and increase your energy.

Western Wayne Family Health Center - Inkster

2700 Hamlin Blvd., Inkster
Tuesdays, April 9 to May 14, 10 a.m. to 12:30 p.m.

Hunter Community Center

509 Fisher Court, Clawson
Wednesdays, April 24 to May 29, 1-3:30 p.m.

Taylor Senior Center

6750 Troy St., Taylor
Mondays, May 6 to June 17, 1-3:30 p.m.

St. John United Church of Christ

2744 4th St., Wyandotte
Mondays, June 3 to July 8, 12:30-3 p.m.

Botsford Commons

21300 Archwood Circle, Farmington Hills
Tuesdays, June 4 to July 9, 10 a.m. to 12:30 p.m.

Auburn Hills Community Center

1827 North Squirrel Road, Auburn Hills
Wednesdays, June 5 to July 17, 1-3:30 p.m.

Trenton Veterans Memorial Library

2790 Westfield Road, Trenton
Wednesdays, Sept. 11 to Oct. 16, 6-8:30 p.m.

Western Wayne Family Health Center - Lincoln Park

2560 West Outer Drive, Lincoln Park
Mondays, Oct. 7 to Nov. 11, 10-12:30 p.m.



SPACE IS LIMITED AND REGISTRATION IS REQUIRED. TO REGISTER, OR FOR MORE DATES AND LOCATIONS, VISIT classes.beaumont.org OR CALL **800-633-7377**.

For more information or questions about classes, call Alicia M. Jackson at 947-522-1313 or email communitydiabetes@beaumont.org

These workshops are made possible by the Beaumont Foundation, Area Agency on Aging 1B, The Senior Alliance and The National Kidney Foundation of Michigan.