

A healthier you in 2022

Join a free diabetes prevention program
by theNEWmpls and Ramsey County.



HEAL YOURSELF FROM THE INSIDE OUT

Have you checked your A1C?

Has your doctor talked to you about pre-diabetes?

Ramsey County community members are invited to learn about a new free online diabetes prevention program. Chaz and her team from theNEWmpls will help you prioritize your health to heal yourself and your family. During the program, you and other community members will learn how to:



Move your body
through daily fitness.



Eat well
on a budget.



Control your
sugar intake.

WANT TO LEARN MORE?

Attend a virtual information session.
January 5, 12 or 26 at 6:30 p.m.

Reserve your spot: ramseycounty.us/dpp

