

Preventing Diabetes

Thursday, Jan. 27, 2022

1 - 2 p.m.

Online* or in person

300 S Adams St, Green Bay



Presented by:
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We all know someone who has diabetes. Most people with diabetes take multiple medications, which can include injections, which isn't fun and can be expensive. Diabetes can lead to other health problems including heart disease, nerve damage, blindness, and kidney failure. Many people may be at risk for getting diabetes and not know it, but there are many things you can do to prevent it!

The Diabetes Prevention Program is a national lifestyle program run by the Centers for Disease Control and Prevention (CDC). This program helps you make small improvements to your diet, increase physical activity, and address other barriers to lower your risk of getting diabetes.

Join us to learn more about this program and where in our community you can find it!

*In order to participate online, you will need a computer/tablet/smartphone, internet access, and email address.

There will be a trial run on Jan. 20 at 1 p.m. for you to get familiar with online presentations.

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Reasonable accommodations for disabilities are available, please request 5 days in advance.



Registration is required.
Space is limited.
Call ADRC
(920) 448-4300 to register.