

HEALTHY LIFESTYLE PROGRAMS

You have Options!



Diabetes Education

If you have diabetes, you know how challenging it can be to manage. A Diabetes Educator will work with you to develop a plan to stay healthy and give you the tools and ongoing support you need.

Call 218-878-2190 to schedule an appointment at MNAW or CAIR.

The DPP offers people with prediabetes, and those at risk for diabetes, a lifestyle change program that has been shown to help participants prevent or delay diabetes.

Call Chris 218-878-3721.

**For those with prediabetes, gestational diabetes, or positive diabetes risk test*

Diabetes Prevention Program

Cardiometabolic Clinic

Trained pharmacists can help you manage high blood pressure, high cholesterol, or diabetes and make adjustments to your medication.

Call 218-878-2157 for an appointment at MNAW or CAIR.

**For patients with high blood pressure, diabetes or high cholesterol*

Do you feel you need to make some lifestyle changes but don't know where to start? A Health and Wellness coach can help you connect the dots from where you are now to where you want to be in your health and well-being.

Call Chris 218-878-3721.

Health and Wellness Coaching

Nutrition Counseling

A registered dietitian, or RD, provides nutrition counseling for a variety of medical conditions. After learning about your health history, favorite foods, and eating habits, the RD will help you develop a safe and realistic eating plan that you can stick with.

Call 218-878-2190 to schedule an appointment at MNAW or CAIR.

Must meet program eligibility requirements.
Fond du Lac Human Services Division