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MEDIA RELEASE

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Contact: Kara Ruge, Marketing & Public Information Officer, (641) 421-9333

**FREE Diabetes Prevention and Weight Loss Program to begin January 13 and 14**

(Mason City) – Did you make a New Year’s resolution to lose weight? Do you need to? The Cerro Gordo County Department of Public Health is offering a free weight-loss program beginning January 13 and 14. The Diabetes Prevention Program is a nationally recognized program from the Centers for Disease Control and Prevention, proven to prevent or delay the onset of type 2 diabetes through modest lifestyle changes made with the support of a coach and one’s peers. However, the main focus of the program is to help individuals lose at least five percent of their body weight to reduce their risk for chronic diseases, such as diabetes.

“The start of a new year brings a chance to make a change in ourselves for the better,” said Karen Crimmings, Chronic Disease and Health Promotion Service Manager, Cerro Gordo County Department of Public Health. “Why not get started the right way with guidance, coaching, and support.”

Guided by a trained lifestyle coach, groups of participants will learn the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active, and managing stress. In addition, they will learn how to eat healthy, stay motivated, and solve problems that can get in the way of healthy changes. The Diabetes Prevention Program groups meet weekly for six months, followed by six monthly maintenance sessions to assist with maintaining the healthy lifestyle changes they learn. The course is a one year commitment.

The local course will be offered at two different times. Wednesday morning sessions will begin January 13<sup>th</sup> from 10-11AM and Thursday evening sessions will begin January 14<sup>th</sup> from 5-6PM. Both classes will be held in the Liberty Room, located in Mohawk Square, Mason City. There are only a few spots left, so register right away! The course is FREE to at-risk participants and includes a pre and post health screening. To take our prediabetes screening test, or to enroll in the course visit [www.cghealth.com](http://www.cghealth.com) or call 641-421-9303.

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