



Cow Creek Health and Wellness Center

(541) 672-8533, press #3 for Roseburg or #4 for Canyonville
2589 NW Edenbower Blvd, Roseburg OR 480 Wartahoo Lane, Canyonville OR

Diabetes Prevention Program

You have the power to prevent Type 2 Diabetes

Program Topics:

- ◆ Healthy eating
- ◆ Ways to get active
- ◆ Stress management
- ◆ Much more

Program Highlights:

- ◆ One-year course developed by the Centers for Disease Control
- ◆ Group classes led by a Certified Lifestyle Coach
- ◆ Helpful incentives and a supportive community
- ◆ Private weekly weigh-ins
- ◆ Covered by most insurance



One in Three

Americans
has prediabetes
and only **11%**
know they have it.

**Get checked by
your provider
for prediabetes
regularly.**

*For more information and eligibility requirements,
please contact our Lifestyle Coach at:*

(541) 492-5267