



SAVE THE DATE

Our annual Northern Michigan Diabetes Initiative Stakeholder meeting is scheduled for Tuesday, June 17th from 5:30-7:00 p.m. at Munson Medical Center. We hope you will join us as we plan for the next fiscal year. Dinner will be provided. Email invitation to follow.

Two NMDI programs named as Promising Practices by the Healthy Communities Institute

We are again excited to share that the Healthy Communities Institute named two of NMDI's programs as promising practices. Dr. Vollbrecht's Educational Outreach Visit program was classified as an evidence based practice and our Healthy Backpack program was classified as a good idea. Way to go team! Please [click here](#) to see our promising practices.

Diabetes Day Open House in Traverse City

What: Drop in to learn about the newest products and educational resources to help manage diabetes. The Open House will include many displays with the latest information on heart health, nutrition, exercise, medications and library resources just to highlight a few.

Where: Bayview Wesleyan Church , 720 Wayne Street, Traverse City, MI

When: Wednesday, April 9th
1:00-3:00pm

Contact: 231-935-8200 for more details. This is a free event.

Mercy Hospital Grayling offers Enjoying the Holidays with Diabetes Easter Eggs-travaganza!



On Monday, April 7th from 6:00-7:00 p.m. join the Diabetes Education Program and Dietitian Services department to learn how to provide tasty and healthy side dish options for Easter. For more information call 989-348-0455.

Updates on the Diabetes Prevention Program (DPP) efforts in our area

District Health Department #10

- 8 groups have started and 7 have completed the entire year (1 is in process right now)
- To date there have been 23 participants
- Results: 5% weight loss and 150 minutes of physical activity per week on average
- For more information please contact Amy at aholtgren@dhd10.org.

Health Department of Northwest Michigan (HDNWM) offers Diabetes Prevention Program (DPP) free to WISEWOMAN participants

The HDNWM is now offering the DPP free to WISEWOMAN participants. For qualification information please contact Joy at 231-547-7677 or at jklooster@nwhealth.org.