

## GET SCREENED FOR A1C DURING NATIONAL DIABETES MONTH

During the month of November, District Health Department #10 (DHD#10), in partnership with the Lions Club, is offering A1C screenings at all 10 of our county offices as part of National Diabetes Month.

A1C is a blood test that can identify if you are prediabetic and at a higher risk for developing diabetes and cardiovascular disease. A1C can also diagnose type 1 and type 2 diabetes, as well as monitor your diabetes treatment plan.

The Lions of Michigan and the Lions Clubs International Foundation is providing the funding for DHD#10 to host A1C testing walk-in clinics at the following locations:

November 4	District Health Department #10 Newaygo County 1049 Newell, White Cloud	8:30 AM-12:30 PM
November 7	District Health Department #10 Missaukee County 6180 W Sanborn Road, Lake City	12 PM-4 PM
November 12	District Health Department #10 Lake County 5681 S M-37, Baldwin	12 PM-4 PM
November 13	District Health Department #10 Mecosta County 14485 Northland Drive, Big Rapids	12 PM-4 PM
November 13	District Health Department #10 Oceana County 3986 N Oceana Dr, Hart	12 PM-4 PM
November 14	District Health Department #10 Crawford County 501 Norway Street, Grayling	8 AM-12 PM
November 14	District Health Department #10 Manistee County 385 Third Street, Manistee	12 PM-4 PM
November 14	District Health Department #10 Wexford County 521 Cobb Street, Cadillac	12 PM-4 PM
November 15	District Health Department #10 Kalkaska County 625 Courthouse Drive, Kalkaska	12 PM-4 PM
November 15	District Health Department #10 Mason County 916 Diana Street, Ludington	12 PM-4 PM



#### MEDIA CONTACT

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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



[www.facebook.com/DHD10](https://www.facebook.com/DHD10)

On top of this great service, DHD#10 is also always working to prevent type 2 diabetes.

Type 2 diabetes can be prevented or delayed with a healthy lifestyle as evidenced by the National Diabetes Prevention Program (NDPP). Participants in the NDPP learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and

solve problems that can get in the way of healthy changes. The program offers 16 weeks of group meetings and then the support of health coach for the remainder of the program's year long duration. The program's group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes.

NDPP is offered in multiple locations across our 10-county jurisdiction. To see if you qualify for the NDPP please contact Christy Rivette at (231) 309-8940 or [crivette@dhd10.org](mailto:crivette@dhd10.org).

Not in DHD#10's jurisdiction? Visit <https://mihealthyprograms.org/diabetes-prevention-program> to find a NDPP class near you.

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