

Get to a
Healthier
Me.

You are an
INDIVIDUAL

As an individual, you have unique home and work situations that contribute to weight gain or an inability to get healthy.

We'll help you make the individual lifestyle changes needed because...

Isn't it time to get to
a Healthier Me?

Tri Valley Health System
1305 Hwy 6/34
Cambridge, NE 69022



TRI VALLEY
HEALTH SYSTEM

Healthier ME

Wellness Program

New classes start every January



TRI VALLEY
HEALTH SYSTEM



Healthier *ME*

What is Healthier Me?

Healthier Me is a year-long group class where you will work with trained certified lifestyle coaches to learn the skills you need to make lasting lifestyle changes.

Group classes focus on:

- Healthy eating
- Weight loss
- Stress reduction and coping skills
- Lifestyle change
- Increase physical activity

The program includes 16 weekly sessions and six monthly sessions.

Why participate in this program?

People with prediabetes are five to fifteen times more likely to develop type 2 diabetes in their lifetime. Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within five years. NOW is the time to take charge and make a change!

Who can participate in this program?

To be eligible, participants must be:

- 18 years of age or older
- Have a body mass index (BMI) of > 24
- Score 9 or more points on the CDC Screening Test. *

Unsure if you qualify?

Talk to your doctor to find out if you qualify or e-mail questions to dietary@trivalleyhealth.com

You can also determine your risk by:

- Taking a blood test to measure your blood sugar
- *Taking the CDC Screening Test online at: www.trivalleyhealth.com/HealthyLivingCenter/NutritionDiabeticServices

Do you have prediabetes?

If you think you may be at risk for prediabetes, ask a health care provider to be screened. If you don't have a health care provider, call us today to find out if you qualify.

Class Dates and Registration

Two easy ways to learn more about upcoming class dates and registration.

Email:

tonya.koeppen@trivalleyhealth.com

Call:

308-697-3329

You can change your life in one year! Take the first step today.

Tri Valley Health System is certified by the American Diabetes Association. Our staff includes registered nurses, dietitian, and physical therapist assistants who are trained, certified lifestyle coaches.



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