



Beaumont Diabetes Community Programs

Diabetes Personal Action Toward Health – 6 weeks

Designed to provide skills and tools to help people living with Type 2 diabetes and their support system live a healthier life. Learn problem-solving techniques, ways to communicate better with your health care team, balancing your blood sugar, and how to improve your overall health and increase your energy.

The Salvation Army – Conner Creek

3000 Conner Ave, Detroit
 Tuesdays, 1:00 PM – 3:30 PM
 2/6/2018 – 3/13/2018
 Call 800-633-7377 to register

HYPE/Wayne Senior Services

4635 Howe, Wayne
 Wednesdays, 6:00 PM – 8:30 PM
 2/7/2018 – 3/14/2018
 Call 800-543-WELL to register

Henry Ford Centennial Library

16301 Michigan Ave, Dearborn
 Wednesdays, 5:30 PM – 8:00 PM
 3/21/2018 – 4/25/2018
 Call 800-543-WELL to register

Troy Community Center

3179 Livernois, Troy
 Mondays, 9:30 AM – 12:00 PM
 3/26/2018 – 4/30/2018
 Call 800-633-7377 to register

Jewish Family Services

25900 Greenfield Rd. Suite 405, Oak Park
 Wednesdays, 5:00 PM – 7:30 PM
 4/11/2018 – 5/16/2018
 Call 800-633-7377 to register

Orion Center

1335 Joslyn Rd., Lake Orion
 Thursdays, 6:00 PM – 8:30 PM
 4/19/2018 – 5/24/2018
 Call 800-633-7377 to register

Cooking Matters EXTRA for Diabetes – 6 Weeks

Cooking Matters EXTRA for Diabetes provides specialized recipes and information for adults living with diabetes and their caregivers. This hands-on workshop discusses the link between nutrition and health, the affordability of healthy eating, healthy meal planning and cooking tips. Free groceries and cookbooks are included to practice new skills at home.

Western Wayne Family Health Center

26650 Eureka Rd., Taylor
 Mondays, 6:00 PM – 8:00 PM
 2/26/2018 – 4/2/2018
 Call 800-543-WELL to register

Taylor Senior Center

6750 Troy St., Troy
 Mondays, 1:00 PM – 3:00 PM
 3/5/2018 – 4/9/2018
 Call 800-543-WELL to register

HYPE/ Wayne Senior Services

4635 Howe, Wayne
 Wednesdays, 6:00 PM – 8:00 PM
 4/4/2018 – 5/9/2018
 Call 800-543-WELL to register

The Salvation Army – Conner Creek

3000 Conner Ave, Detroit
 Mondays, 6:00 PM – 8:00 PM
 4/16/2018 – 5/21/2018
 Call 800-543-WELL to register

Troy Community Center

3179 Livernois, Troy
 Tuesdays, 1:00 PM – 3:00 PM
 5/1/2018 – 6/5/2018
 Call 800-543-WELL to register

Western Wayne Family Health Center

2700 Hamlin Blvd, Inkster
 Mondays, 11:30 AM – 1:30 PM
 5/3/2018 – 6/7/2018
 Call 800-543-WELL to register

Diabetes Prevention Program – 16 weeks



A research-based program for those who want to **prevent Type 2 diabetes**. This program focuses on lifestyle changes related to **healthy eating, physical activity, problem solving and coping skills**. The Diabetes Prevention Program has been proven to be **twice as effective as medication alone** at preventing Type 2 diabetes. This program consists of 16 weekly sessions, followed by monthly maintenance sessions

Troy Community Center

3179 Livernois
Troy, MI 48083

Informational Session:
Monday, January 29, 2018
1:00 PM – 2:00 PM

Weekly Sessions:

Mondays, 1:00 PM – 2:00 PM
2/19/2018 – 6/11/2018
Call 800-633-7377 to register

Wayne County Community College

21000 Northline
Taylor, MI 48180

Informational Session:
Thursday, March 1, 2018
6:00 PM – 7:00 PM

Weekly Sessions:

Thursdays, 6:00 PM – 7:00 PM
3/15/2018 – 6/28/2018
Call 800-543-WELL to register

HYPE/Wayne Senior Services

4635 Howe
Wayne, MI 48184

Informational Session:
Tuesday, April 3, 2018
6:00 PM – 7:00 PM

Weekly Sessions:

Tuesdays, 6:00 PM – 7:00 PM
4/17/2018 – 7/31/2018
Call 800-543-WELL to register

Henry Ford Centennial Library

16301 Michigan Ave
Dearborn, MI 48126

Informational Session:
Thursday, May 3, 2018
6:00 PM – 7:00 PM

Weekly Sessions:

Thursdays, 6:00 PM – 7:00 PM
5/17/2018 – 9/13/2018
Call 800-543-WELL to register

Neighborhood Club

17150 Waterloo
Grosse Pointe, MI 48230

Informational Session:
Wednesday, May 23, 2018
6:00 PM – 7:00 PM

Weekly Sessions:

Wednesdays, 6:00 PM – 7:00 PM
6/6/2018 – 10/3/2018
Call 800-633-7377 to register

Beaumont Health

40245 Grand River
Novi, MI 48375

Informational Session:
Thursdays, May 24, 2018
6:00 PM – 7:00 PM

Weekly Sessions:

Thursdays, 6:00 PM – 7:00 PM
6/7/2018 – 9/27/2018
Call 800-543-WELL to register

You can also visit Beaumont.org/classes-events to register for classes.

For more questions or information about classes, call Alicia M. Jackson at 313-586-5488

Beaumont