



Ascension

Make 2023, your year of health! Let Ascension Southeast Michigan Community Health help!

For more information and to register for programs, call us at **248-849-5752** or go to <https://healthcare.ascension.org/events> Most of the classes are virtual or in person where indicated. You must have Internet access and the use of a computer or tablet for virtual classes. Use of smartphones is only available for lectures. All classes have no out of pocket expense. We reserve the right to cancel a series if minimum attendance is not maintained throughout the series.

We look forward to seeing you in one of the classes! Please feel free to copy and share with your friends and community.

Diabetes Prevention Program

Join us for a virtual group-based, structured lifestyle change program for people who are at risk or have pre-diabetes. The diabetes prevention program is a year-long program which focuses on lasting lifestyle changes like regular physical activity, healthy eating, weight loss, and stress management. The program meets for 16 weekly sessions and then 6 monthly follow-up sessions. This program helps you make lifestyle changes to reduce your risk for type 2 diabetes. You must have risk factors or a diagnosis of prediabetes to meet the class requirements. Pre-diabetes can be diagnosed by your physician or you can take the self-screening test at <https://doihaveprediabetes.org/take-the-risk-test/#/> If you have a diagnosis of type 2 diabetes you will not qualify to attend and we recommend our Conversations in Diabetes.

[Thursday January 19, 2023, 1-2 p.m. EST \(virtual class\). Last class 12/14/2023](#)
[Tuesday, March 14, 2023, 1-2 p.m. EST \(in person class\). Last class 3/12/2024.](#)

Conversations in Diabetes-virtual

This is an eight-week virtual workshop. The road to managing your diabetes! Similar to planning a trip on the road in which we use maps and directions, we also need a “road-map” to make sense out of managing diabetes. Learn simple steps to get control of your diabetes.

[Monday, Feb 6, 2023 - Mar 27, 2023, 11 a.m.-noon EST](#)

Healthy Habits-virtual

Join us to learn how to change to a healthy lifestyle. This three-week virtual workshop is designed to improve your physical, emotional and spiritual well-being. It combines health information on nutrition, meal planning, stress management and developing an exercise plan to form healthy habits for life.

[Mar 16, 2023 - Mar 30, 2023, 11 a.m.-noon EST](#)

Bless Your Heart-virtual

Join us to learn how to take control of your heart health. This four month program that meets once a month, will enable participants to take control of their heart health through self-monitoring their blood pressure and engaging in educational lectures and activity.

[Friday, Jan 27, Feb 24, Mar 24, Apr 28, 10-11a.m. EST](#)