**National Diabetes Prevention Program by County**

**Alger**

*Munising Memorial Hospital*

Paula Ackerman, MS, RD, CDE

906-387-5882

**Baraga**

*Baraga Memorial Hospital*

Pam Dove MS, RD, CDE

906-524-3449

**Delta**

*Hannahville Indian Community*

Erin Davis, MS, RD

906-723-2534

*Northern Lights YMCA – Delta*

Amy Racine or Jody Bergeon

906-789-0005

FREE to the public

*OSF St. Francis Hospital*

Linda Klope RD, CDE

(906) 786-3311

FREE to the public

*Public Health, Delta County (Escanaba)*

Kristi Steger RN, BSN

[906-786-4111](tel:906-786-4111)

FREE to the public

*UPCAP*

Tonya LaFave RD

2-1-1 or 1-800-305-8137

FREE to the public

**Dickinson**

*Northern Lights YMCA – Dickinson*

906-774-4076

**Houghton**

*Michigan State Extension*

Erin Carter, MS

[906.482.5830](tel:906.482.5830)‬

There is a cost to attend.

*UP Health-Portage*

Kelly Aho RN, CDE

[kaho@portagehealth.org](mailto:kaho@portagehealth.org)

[(906) 483-1229](tel:%28906%29%20483-1229)

There is a cost to attend.

**Marquette**

*Michigan State Extension*

Erin Carter, MS

Hancock, MI         ‬

[906.475.5731](tel:906.475.5731)

‬Cell:

There is a cost to attend.

*U.P. Diabetes Outreach Network, a program of UPCAP*

Ann Constance MA, RD, CDE, FAADE

906-228-9203

[updonann@gmail.com](mailto:updonann@gmail.com)

FREE to the public

*YMCA Marquette*

906-227-9622

There is cost to attend

**Menominee**

*Spies Library (Menominee)*

Kristi Steger, RN, BSN

[906-786-4111](tel:906-786-4111)

FREE to the public

*Greater Marinette-Menominee YMCA*

Dakota Vanidestine

906-863-9983

FREE to the public

***Medial Nutrition by a Registered Dietitian is always as option for those who want or need individualized care.***

We are exploring developing the Diabetes Prevention Program (DPP) in other counties. If the DPP, is not available, people should consider meeting with a Registered Dietitian (may be covered by insurance) or joining a community weight loss program like TOPS or Weight Watchers.

1/24/17