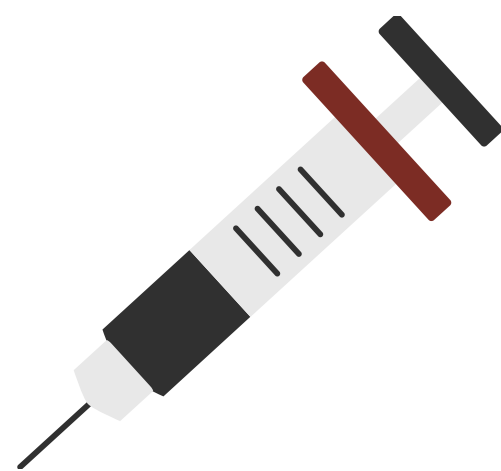


# DIABETES RESOURCE DIRECTORY



**Find a diabetes program  
or service that works  
best for you.**



## **NATIONAL DIABETES PREVENTION PROGRAM**

This Lifestyle change program includes education and support for people with prediabetes and those at risk for prediabetes.

**No cost to Fargo area residents.**

Designed to help people:

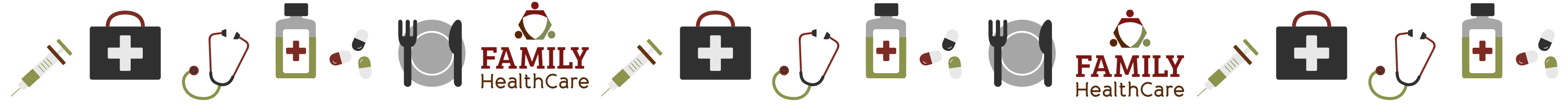
- Lose weight
- Be more active
- Prevent the onset of type 2 diabetes



Participants meet for a year: weekly for 13 weeks, twice a month for 4 months, once a month for 4 months to maintain healthy lifestyle changes.

Click **HERE** to Register.

For more info, call 701-231-5165 or email [nikki.a.johnson@ndsu.edu](mailto:nikki.a.johnson@ndsu.edu)



## "BETTER CHOICES, BETTER HEALTH: DIABETES"

This class is for people with type 2 diabetes - it is taught in groups of 12-16 and is facilitated by 2 trained leaders; with at least one of them having diabetes themselves.

**No cost for these classes.**

Designed to help people:

- Make weekly action plans
- share experiences
- Solve problems encountered during their self-management program



**NDC3**  
NORTH DAKOTA  
Community Clinical Collaborative

For more info, contact Danae Douville at 701-417-4905 or email [bcbh@sanfordhealth.org](mailto:bcbh@sanfordhealth.org)

Visit their website: <https://ndc3.org>



## HEALTHY COOKING CLASS

The Expanded Food and Nutrition Education Program (EFNEP) offers a **free program** to teach income-eligible families and youth to save money and live a healthy, active lifestyle.

**Minimum of 6 people** are required for the classes to be held.

Designed to help people:

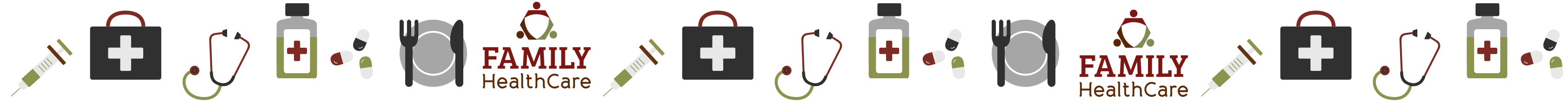
- Make more nutritious choices & be more active
- Plan meals, shop smart, & cook food safely
- Cook at home & eat together as a family



Expanded  
Food and  
Nutrition  
Education  
Program

For more info and to register, contact Mariam Said at 701-241-5700 or [SaidM@casscountynd.gov](mailto:SaidM@casscountynd.gov)





## **SANFORD DIABETES SUPPORT GROUP**

Diabetic or prediabetic people are welcome to attend. **No cost & no preregistration**

Meets on the **3rd Thursday of every month** from Sept.-May, 4-5pm.

Location:  
3rd floor conference room at  
Sanford Southpointe Clinic  
2400 32nd Ave. S. Fargo, ND



For more info, call 701-234-2245



## **SPECIALTY CARE PROGRAM**

Helps families pay for medical services for eligible children.

Eligibility requirements:

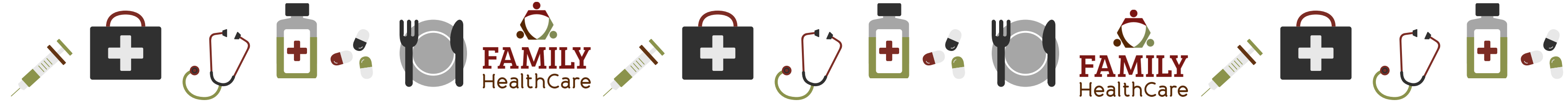
- Child who is 21 years of age or younger
- ND resident
- Requires health and related services beyond the need of most children (i.e. type 1 or type 2 diabetes)

Families can **apply** for Special Health Services diagnostic and treatment services by contacting:

**Cass County Social Services:**  
701-241-5761; or  
**Special Health Services:**  
**ND Department of Health:**  
701-328-2436



For more info, visit their website:  
<http://www.ndhealth.gov/cshs/program.htm>



## YMCA OF CASS & CLAY- Y MATCH MEMBERSHIP ASSISTANCE

Financial assistance is available for members who qualify for a **50% reduced membership rate.**

In some unique family/medical situations, a personalized rate may be determined on a sliding fee scale.

Monthly membership rates vary based on type (\$5-\$51.50 with the 50% reduced rate).

**Gross annual income must be below this to qualify:**

Family/Household: \$42,000

Single: \$29,000



For more info including all **eligibility requirements** and to **apply**, visit their website: <https://ymcacassclay.org/membership/financial-assistance/>



## NOVO NORDISK PATIENT ASSISTANCE PROGRAM

Patients who are approved for the program may qualify to receive **free diabetes medicine from Novo Nordisk for up to a year, with no registration charge or monthly fee.**

Types of medicine:

- Certain GLP-1
- Insulin
- Needles
- Glucagon



For more info including all eligibility requirements and to apply, visit their website: <https://www.novocare.com/psp/PAP.html>