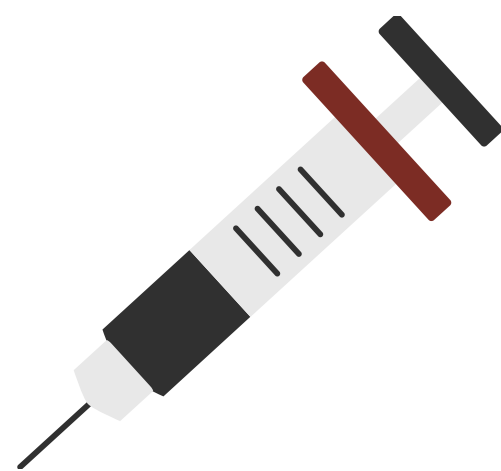


DIABETES RESOURCE DIRECTORY



**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:

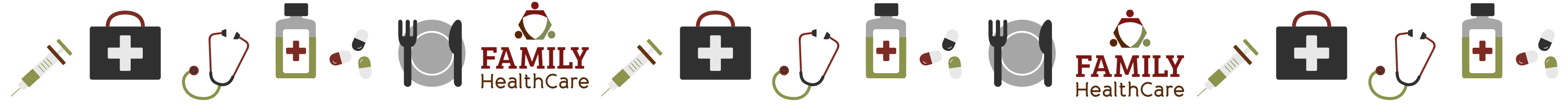
- Lose weight
- Be more active
- Prevent the onset of type 2 diabetes



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



"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

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.

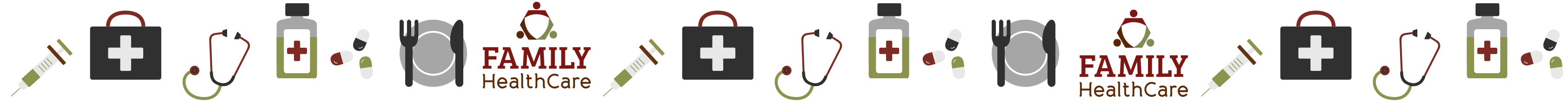
Designed to help people:

- 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



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:

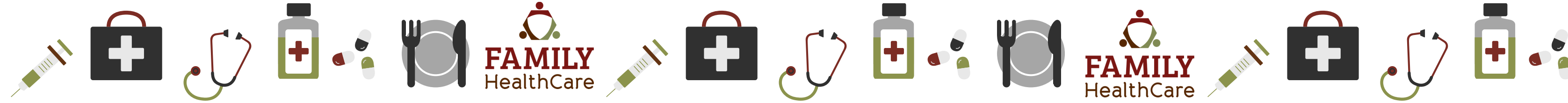
- Child who is 21 years of age or younger
- ND resident
- Requires health and related services beyond the need of most children (i.e. type 1 or type 2 diabetes)

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>