

From: owner-ndsu-sbare@listserv.nodak.edu on behalf of [karen monsebroten](#)
To: ndsu.sbare@ndsu.edu
Subject: National Diabetes Prevention Program
Date: Tuesday, January 02, 2018 6:27:42 PM

I joined this class to reduce my risk for type 2 diabetes. I am borderline and wanted a class that would help me work towards losing weight and being more active. This class has made such a difference. My A1C levels have dropped and i have lost almost 30 pounds. The program is encouraging and allows me to count my fat intake every day and holds me accountable which makes you want to come to class once a week. This is the second year i have taken this class because i really like the program and the results i got. It really does promote a healthy lifestyle for people who are struggling and have tried other things that didn't work. The teachers are informative and truly care about your successes. They are always there to help me through it. In order to maintain the long-term support i and others need to stick with changing healthy eating and activity habits, i am asking you to please continue offering this class.

FCW has personally helped me, and from what i have witnessed from others in the class, i am not the only one it has helped. Having us keep track of our progress and having an action plan we can report on weekly is the way to go! There is no other place to receive this class in my county. Again, please consider offering this class every year.

Thank you,
Diane Bolgrean