

NEWS RELEASE

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Join Healthy for Life in 2024 & Get the Tools and Support You Need to Get and Stay Healthy

If holiday weight gain has got you feeling down, join us for Healthy for Life! in the new year to gain the tools, strategies, and support to get and stay healthy for life. Healthy for Life will be held every Tuesday at noon on Zoom for 16 weeks, then free monthly maintenance sessions for the rest of 2024. Make those New Year's resolutions stick with Healthy for Life!

In Healthy for Life! You'll get:

- A personal coaching session to set your unique goals
- 16 weekly Zoom sessions with a group of people that are working on the same things you are
- Monthly support for the first year

You'll learn skills and strategies to:

- Look and feel your best
- Get healthier your own way
- Reduce the risk for developing diabetes and other conditions
- Improved health and energy

Healthy for Life! uses the National Diabetes Prevention Program (DPP) curriculum, a proven program that supports people in getting healthy and improving health outcomes. Panhandle Public Health District (PPHD) has been awarded the NACCHO Model Practice award for coordinating the National DPP and been offering the program for over a decade. Over 1,000 Panhandle participants have lost over 10,000 pounds in the program. Join today to get support that you need to be successful in improving your health while dropping a few pounds along the way.

Register here: <http://tinyurl.com/jbrmrhv7> or contact Cheri at 308.220.8020 or cfarris@pphd.nd.gov

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, work, learn, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.