



Free 10-week virtual class meeting weekly for 1.5 hours with optional monthly support and education classes following the initial 10-week session.

Participants work in small groups of their existing friends, family, or co-workers to learn easy and practical ways to eat healthier, become more active, and take control of their health conditions in a supportive, group driven environment. If one chooses to join individually, there will be a team!

A fun and effective program for learning how to choose a healthier lifestyle to prevent and manage diabetes, heart disease and other chronic diseases.

The secret sauce of the program is teamwork!

The 4 M's of MicroClinics:

Meals (Learn to eat nutritionally)

Movement (Learn to move more)

Monitoring (Understand what your numbers mean)

Medications (Understand your medications)

Want to become a facilitator of this program? Contact us for the next training and become a health advocate in your community!

Contacts for additional information or to set up a class for your organization:

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