



Please join an informational session on Wednesday, September 4, 2024, 12–1pm.

Registration is due by September 5.

Classes begin Wednesday, Sep 18, 12–1pm.

Meetings will be held on Wednesdays, 12–1pm, at Beartooth Billings Clinic, 2525 N. Broadway, Red Lodge.

Please call Amy at 406.446.0650 for more information.

Are you ready for a change? **LifeStyle Balance**



Amy Brehm

Registered Nurse
CDC Certified Lifestyle Coach
Clinical Informaticist

Phone 406.446.0650
abrehm@beartoothbillingsclinic.org

LifeStyle Balance Class is a group lifestyle change program aimed to prevent Type 2 Diabetes and Cardiovascular Disease.

You can be at risk for Type 2 Diabetes if you have

- A history of gestational diabetes
 - An HGA1C of 5.7% - 6.4%
 - A fasting Glucose of 100–125 mg/dL
 - A Positive Risk Assessment
- Visit doihaveprediabetes.org

You can reduce your risk of developing Type 2 Diabetes by

- Getting Active
- Focusing on your Nutrition
- Setting Goals for yourself
- Making Action Plans

Is LifeStyle Balance right for you?

- One year commitment
- Attend 26 one-hour sessions
- Express readiness to change
- Log your activity and nutrition

LifeStyle Balance Includes

- Structured Weekly Classes
- One year of Guidance
- Notebook and Class Outline
- Access to Tracking Logs
- Three Lab Draws
- Safe Environment for Group Discussions

Resources Include:

- Nutrition
- Exercise
- Stress Management
- Lifestyle Change



Beartooth Billings Clinic
Red Lodge

2525 N Broadway | PO Box 590
Red Lodge MT 59068
BeartoothBillingsClinic.org

* This project is funded, in part, under a contract with the MDPHHS. These statements do not necessarily reflect the opinion of the department.

LIFESTYLE BALANCE IS AT NO COST TO YOU.