

National Diabetes Prevention Program

Locations and class times

Garden County NDPP Classes

Contact: Rose Brassfield via e-mail at rbrassfield@yahoo.com

Volunteers of America

305 Main St. Lewellen, NE

Classes meet on Monday's @ 4:45 pm (Post Core meets monthly)

Mesa Vue Meeting Room

404 W. 6th Oshkosh, NE

Classes meet on Monday's @ 7:15 pm (Post Core meets monthly)

Volunteers of America

305 Main St. Lewellen, NE

Classes held on Monday's @ 5:45 (Core Group meets weekly)

Contact: Cheri Ferris via e-mail at cherifarris@gmail.com

United Methodist Church

497 W 3rd St.

Oshkosh, NE

Classes meet on Thursday's at 5:30 pm (Core Group meets weekly)

Box Butte County NDPP Classes

Contact: Sue Steele via e-mail at ssteele@bbgh.org

Kristin Kesterson via e-mail at kkesterson@bbgh.org

Box Butte General Hospital: Alliance Room

2101 Box Butte Avenue

Alliance, NE 69301

Classes held on Wednesday's at Noon (Core Group Meeting weekly and a Post Core Group meets monthly)

Contact: Melissa Galles via e-mail at mgalles@pphd.org

Panhandle Public Health District

808 Box Butte Ave

Hemingford, NE 69348

Classes held on Tuesdays at 4:00pm (Core Group meets weekly and a Post Core Group meets monthly on Thursday's at 4:00pm)

Scottsbluff County NDPP Classes

Contact: Lisa Escamilla via e-mail lescamilla@capwn.org

CAPWN

3350 10th St.

Gering, NE 69361

Classes held on Wednesday's at 5:00 pm (Post Core meets monthly)

Morrill County NDPP Classes

Contact: Becky Corman via e-mail at bcorman@pphd.org

First Presbyterian Church

1014 S Street

Bridgeport, NE 69336

Classes meet Thursday's at noon (Post Core monthly meetings)

Dawes County NDPP Classes

Contact: Tama Dierks via e-mail at cnaccm@wchr.net

Legend Buttes Health Services

11 Paddock St.

Crawford, NE

Classes meet Wednesday's at 5:00 pm (Core Group meets weekly)

Prairie Pines Lodge

900 7th St

Chadron, NE

Classes meet Thursdays at 4:00 pm (Post Core meets monthly)

Banner County NDPP Classes

Contact: Marie Parker via e-mail at rparkerx2@gmail.com

Healthy Families America

1930 East 20th Pl. Suite 400

Scottsbluff, NE 69361

Classes held on Saturdays at 10:00 am (Post Core meets monthly)

Sheridan County NDPP Classes

Contact: Glenda Caplar via e-mail at

Gordon Memorial Hospital

300 E. 8th St.

Gordon, NE 69343

Classes meet Tuesday's at Noon (Post Core meet monthly)

[Diabetes Education Center of the Midlands](#) – Omaha

Comprehensive Treatment and Training Program

Diabetes Education Center of the Midlands

The four-day, in-depth course focuses on treatment and management methods to promote health for those taking insulin as well as aiding individuals with Type 2 diabetes who are struggling with oral medications. At the conclusion of the program, a detailed report is sent to each patient's primary physician to ensure continuity of care. You must register to attend. For more information, call (402) 399-0777 or email info@diabetes-education.com.

Pre-Diabetes Class

Diabetes Education Center of the Midlands

The program is designed for those who are at risk of developing diabetes or are interested in weight loss. Each two-session program will focus on preventing Type 2 diabetes. Participants will learn simple food plans, easy exercise tips, practical steps to reduce risk factors, and motivation techniques. For more information, call (402) 399-0777, ext. 230, or email info@diabetes-education.com.

Pre-Pump Class

Diabetes Education Center of the Midlands

The class covers reasons to use an insulin pump, the pros and cons of pumping, who is an appropriate candidate for pump therapy, how an insulin pump works, methods of insulin delivery, basic technical features and mechanics, currently available insulin pumps, importance of accurate carbohydrate counting and review, prevention and treatment of hypoglycemia and diabetic ketoacidosis, and what to do once you have decided pumping is for you.

Basic Skills Class

Diabetes Education Center of the Midlands

The eight-hour-a-day course gives an overview of diabetes and covers topics such as monitoring blood sugar control, diabetes medications, dietary management including meal planning and label reading, the role of exercise, prevention of complications, behavior changes, and pattern control.