



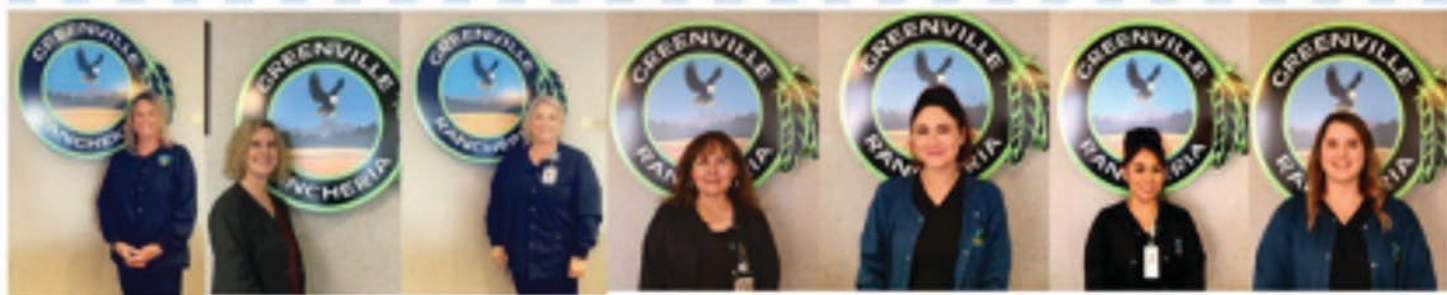
Meet Greenville Rancheria's Diabetes Prevention Lifestyle Coaches and Care Team Members



Our Role as lifestyle coaches are to help our participants set goals, track eating and activities as we assess progress, and help problem solve.

Our goal is to foster a supportive and respectful group culture as we assist participants in delaying or preventing Type 2 Diabetes.

Let Greenville Rancheria Tribal Health Center help you on your Wellness Journey.
New sessions starting soon. If you are interested please ask your primary care provider
for a referral, or call 530-528-8600 Ex 220



From left to right: Jen Gagliano, CSPO, Tracy Remick, CEO, Carrie Samson, RN, Melanie Uribe, Family Social Service, Crystal Jimenez, CHR Supervisor, Melina Mendoza, Patient Care Coordinator & Kacy Samson, CMA

A CDC recognized lifestyle change program is a structured in person program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes. If you have already been diagnosed with type 2 diabetes and want to learn how to manage it, or learn more about the T2 DPP program, please contact a diabetes lifestyle coach at Greenville Rancheria (530-538-8600). This lifestyle change program is not a fad diet or an exercise class. And it's not a quick fix. It's a year-long program focused on long-term changes and lasting results. A year might sound like a long commitment, but learning new habits, gaining new skills, and building confidence takes time. As you begin to eat better and become more active, you'll notice changes in how you feel, and maybe even in how you look.