

What Paths to Health NM program participants are saying...



Paths to Health **NM**
Tools for *Healthier* Living



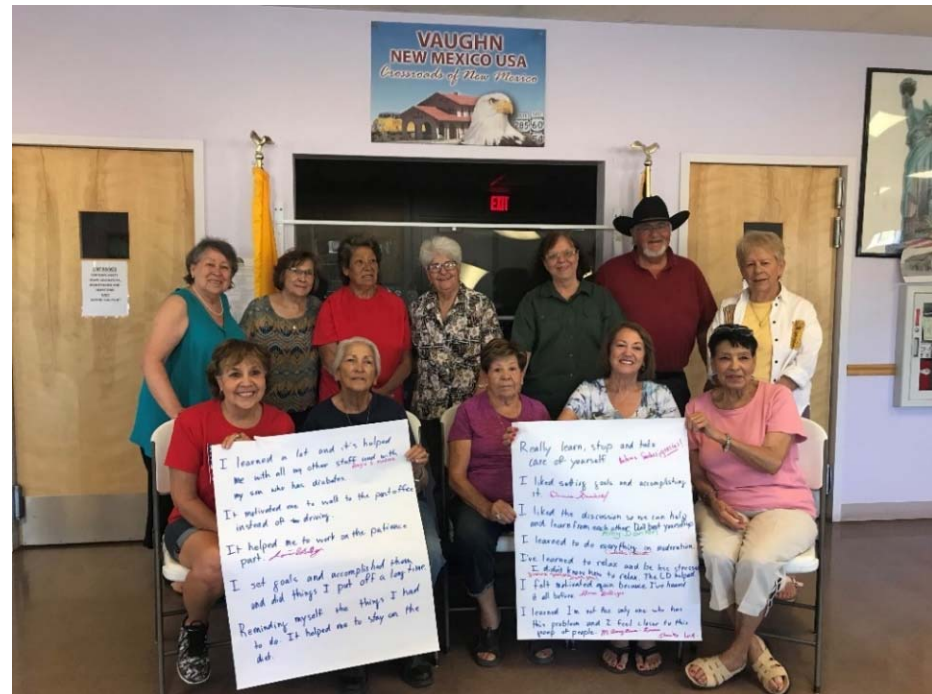
National Diabetes Prevention Program

Bernalillo County

“I wanted to share with you that I have lost 17.4 lbs - so far! I wouldn't have been able to lose this much weight without you! By attending class and following the program I have been successful. I also wanted to let you know that I was curious and had labs drawn and the results were exciting to get. All my levels that were not in range are now within, except one. That is not only a huge relief regarding my health, but a proven record that this program works.”

Diabetes Self-Management Program Guadalupe County

“I’ve learned I’m not the only who has this problem and I feel close to this group of people.”



Chronic Disease Self-Management Program

Doña Ana County

“Kudos to whoever organized this workshop and made it happen. I've known about these for years, then had a major health event due to Chronic Disease, and here I am! thank you so much!”

Kitchen Creations

Taos County

“My A1C in January was 11.5, and now in February it was 8.5, this class helped by increasing my information to make better choices, buying good food. Having the cook book to refer to is a great help. Thank you Tony, Monica, and Sue Ann for your support. Continue these programs. They are really helpful.”