

Pre-Diabetes Class

Tips and tools to help prevent or delay diabetes

Providence Diabetes & Nutrition Center is offering a two-hour class designed specifically for people with pre-diabetes. This class will provide practical tips and tools to help prevent or delay the onset of Type 2 diabetes. Instruction will be provided by a registered dietitian and will include information on meal planning, physical activity and achieving and maintaining a healthy weight.



Tuesday, Oct. 15

Tuesday, Nov. 12

Tuesday, Dec. 10

8 - 10am

Aspen Conference Room

Upon completion of the class, participants will be able to:

1. Understand what pre-diabetes is and why it's important to take action now.
2. Understand a healthy meal plan.
3. Understand a plan for routine physical activity.
4. Understand the role of weight management.

For more information call:

**Providence
Diabetes & Nutrition Center**

907- 212-7982

The registration fee is \$50. Pre-registration is required as seating is limited.

alaska.providence.org