

Preventing Diabetes Class



Are you at risk of developing Type 2 diabetes?

Risk factors for Type 2 diabetes include:

- being overweight
- having mild blood sugar abnormalities
- having a past pregnancy with abnormal blood sugars
- having conditions such as high blood pressure or high blood cholesterol
- lack of physical activity

If you have any of these risk factors for Type 2 diabetes, you may be able to reduce your chance of developing diabetes by as much as 50 percent.

The **Preventing Diabetes Class** will teach you how to lower your risk of developing Type 2 diabetes. You will learn how to make important healthy lifestyle changes that include:

- weight management strategies
- heart-healthy eating tips
- ways to increase your physical activity level

To Register: Call the HealthPartners Appointment Center **952-967-7616**

A \$20.00 class fee is due at the time of the class.

See the 2009 class schedule on the back.

Preventing Diabetes Class Schedule 2009

HealthPartners Clinic	Clinic Location	Class Limit	Time	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apple Valley	Pennock Lane and 153 rd St. W.	15	8:30-10:30 AM 3:00-5:00 PM* 5:00-7:00 PM**		Wed. 2/11**		Thurs. 4/16		Wed. 6/10*		Wed. 8/12		Thurs. 10/01		Thurs. 12/03*
Bloomington	86 th Street W. and Nicollet Ave. S.	15	9:00-11:00 AM 3:00-5:00 PM* 5:00-7:00 PM**	Tues. 1/20*		Tues. 3/03		Tues. 5/19*		Tues. 7/07		Tues. 9/15		Tues. 11/17**	
Brooklyn Center	Brooklyn Boulevard and 69 th Ave. N.	15	8:30-10:30 AM 3:00-5:00 PM* 5:00-7:00 PM **	Wed. 1/28*		Wed. 3/11**		Thurs. 5/07	Wed. 6/17		Wed. 8/06*	Wed. 9/23**		Thurs. 11/05*	Wed. 12/16
Como	Highway 280 and Como Avenue	10	5:00-7:00PM				Tues. 4/28						Tues. 10/27		
Coon Rapids	Highway 10 and Hanson Boulevard	10	8:30-10:30 AM 4:30-6:30 PM*		Tues. 2/03		Tues. 4/14*		Tues. 6/02		Tues. 8/18		Tues. 10/20*		Tues. 12/15
Health Center for Women	University Ave. W. and Highway 280	8	8:30-10:30 AM 3:00-5:00 PM *	Wed. 1/21		Wed. 3/18		Wed. 5/27*				Wed. 9/23*		Wed. 11/11*	
Specialty Center	401 Phalen Boulevard Saint Paul	10	9:00-11:00 AM 4:00-6:00 PM *			Tues. 3/03*			Tues. 6/16			Tues. 9/15*			Tues. 12/01
Inver Grove Heights	I-494 and Highway 52	15	8:30-10:30 AM 1:00-3:00 PM* 4:30-6:30 PM**		Fri. 2/20	Tues. 3/10**		Fri. 5/15		Tues. 7/14**			Fri. 10/16		
Maplewood	White Bear Ave., So. of Highway 36	10	8:30-10:30 AM 3:30-5:30 PM* 5:00-7:00 PM**	Mon. 1/19**				Mon. 5/18*				Mon. 9/21			
Saint Paul	Plato Boulevard and Wabasha Street	10	9:00-11:00 AM 3:00-5:00 PM * 5:00-7:00 PM**		Mon. 2/16*			Mon. 5/11**		Tues. 7/21		Mon. 9/21*	Tues. 10/27		Mon. 12/07**
West	Highway 394 and Highway 100	15	9:00-11:00 AM 4:00-6:00 PM* 5:30-7:30 PM **		Tues. 2/17*		Tues. 4/28		Tues. 6/16**		Tues. 8/25		Tues. 10/13*		
White Bear Lake	Highway 96 & S. Birch Lake Blvd.	15	3:30-5:30 PM 5:00-7:00 PM*			Wed. 3/25				Wed. 7/22*				Wed. 11/25	
Woodbury	Radio Drive and Seasons Parkway	15	3:00-5:00 PM 6:30-8:30 PM*		Tues. 2/03		Tues. 4/07*		Tues. 6/02		Tues. 8/04*		Tues. 10/06	Tues. 11/10*	

Dates and times may be subject to change

* and ** Indicates later time