

2018 preventing type 2 diabetes class for healthy living

DATE	CLINIC	ADDRESS	TIME
January 18 Thursday	Como	2500 Como Avenue	6–7:30 p.m.
March 1 Thursday	Como	2500 Como Avenue	6–7:30 p.m.
May 3 Thursday	Como	2500 Como Avenue	6–7:30 p.m.
May 17 Thursday	RiverWay Andover	15245 Bluebird St. NW	6–7:30 p.m.
September 7 Friday	RiverWay Anoka	601 Jacob Lane	10–11:30 a.m.
September 20 Thursday	Como	2500 Como Avenue	6–7:30 p.m.
November 1 Thursday	Como	2500 Como Avenue	6–7:30 p.m.

To register:

Call the HealthPartners Appointment Center at **952-967-7616**. A \$20 class fee is due at the time of the class. You are welcome to bring a guest at no additional charge. Classes are taught by a registered dietitian nutritionist.

Are you at risk for type 2 diabetes?

Risk factors include:

- being overweight
- mild blood sugar abnormalities
- conditions such as high blood pressure or high cholesterol
- lack of physical activity

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

What will you learn?

You will learn ways to lower your risk of developing type 2 diabetes by making important healthy lifestyle changes that include:

- weight management
- heart healthy eating
- ways to increase physical activity

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