

Pre-Diabetes Classes



◆ Pre-Diabetes

Pre-Diabetes (diagnosed when a fasting blood sugar is between 100 and 125) is a warning that you are at serious risk for developing diabetes - a chronic, often debilitating disease.

Learn more about Pre-Diabetes to assist you in understanding what is happening in your body, why you are at risk for developing Type 2 Diabetes and how you can reduce your risk.

◆ The program consists of:

- An explanation of the difference between Pre-Diabetes and Diabetes.
- How to manage Pre-Diabetes with diet and exercise.

Classes are taught by a Diabetes Educator.

Pre-Registration is required.
No physician order is needed.

Cost of the program is \$30.00,
\$7.00 additional for a family member.

Register by calling the Diabetes Education
office at 320-484-4575.

Register early, space is limited!

2015 Class Dates

February 17

May 19

September 15

November 17

Class Time

5:00 pm - 7:00 pm.

Light supper will be provided.

Classes are held at Hutchinson Health hospital in the Diabetes Education Room across the hallway from the cafeteria.