

# Pre-Diabetes Class

**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.



## 2014 Class Schedule

**Tuesdays 8–10 am**

**January 21, March 18, May 13,  
July 15, September 16,  
November 11**

**Tuesdays 4–6 pm**

**February 18, April 15, June 17,  
August 12, October 21,  
December 16**

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](http://alaska.providence.org)**