

FREE PreDiabetes Class

WOULD YOU LIKE TO:

- LOSE weight
- IMPROVE your quality of life
- PREVENT type 2 diabetes
- SAVE medical cost
- FEEL BETTER?



Possible early signs of elevated blood glucose level:

Constant Hungers
Inability to lose weight
Craving for sugar/carbs?
Fatigue
Upper abdominal Obesity
Low blood sugar symptoms
Irritable/unable to focus
Migraine headache

What would I learn in the Prediabetes Class?

- The importance of blood sugar levels and why you should take action now!
- What healthy eating is and tips for how to do it
- How to read a food label and know what is important
- Understand the role of weight management and your health.

LEARN more by joining us:

WHEN: 1st Thursday of every month 1:30 PM – 2:30 PM

WHERE: 3417 Gaston Avenue, Medprovider 10th floor

Please sign up at Medprovider 10th floor registration desk or call 469-800-9055.

No children allowed in the class. Please bring only one family member with you.