

FREE CLASSES

Practical Approaches to Preventing Diabetes and Improving Your Health



Boulder Community Health offers free classes to help at-risk patients prevent the onslaught of diabetes.

More than 80 million people in North America have pre-diabetes. Pre-diabetes is a condition that indicates you're on the road to developing diabetes, a chronic and very serious health problem that increases your risk of heart disease and stroke. To take this class, your hemoglobin A1c must be between 5.7% and 6.4% or your fasting blood sugar between 101 mg/dl and 125 mg/dl. Your physician can help you determine if you qualify.

Classes include discussion on the causes and progression of pre-diabetes as well as instruction on diet and exercise techniques to manage blood sugar levels and prevent the development of diabetes.



2019 Pre-Diabetes Classes

DATES

Tuesday, April 30

Thursday, August 1

TIME

5 to 7pm

LOCATION

Foothills Hospital

Leo Hill Conference Room A

4747 Arapahoe Avenue, Boulder CO

COST

FREE

Seating is Limited.

Registration required.

Call 303-415-7853