PREventing DIABETES
A Workshop for People with Prediabetes

Topics Include:
✓ Nutrition
✓ Active lifestyles
✓ Stress management
✓ The importance of sleep
✓ Things to talk about with your doctor
✓ Setting strong goals

This workshop is offered at various locations. For dates, times, and to register, please go to www.henryford.com/Classes. Search for PREventing DIABETES under the Event Title and click Find. All are welcome to register, no referral is needed. Registration fee is $20 and must be paid online at the time of registration.

LOCATIONS
Self-health Center
Commerce
39630 14 Mile Road
Commerce, 48390
Self-health Center
Woodhaven
23400 Allen Road
Woodhaven, 48183
Macomb Medical Pavilion
16151 19 Mile Road
Clinton Twp, 48038
4th floor Conference room 2

*Interpreters for the deaf and hard of hearing can be provided at no cost – please notify us by calling three days in advance.

For more information and to register, please go to www.henryford.com/classes. Search for PREventing DIABETES under the Event Title and click Find. Click on PREventing DIABETES with the desired date and location for more information. To register, click “Add to My Event List.”