

# Pre-Diabetes

2015 Class Schedule

## Stop Diabetes in Its Tracks!

400 S. Trumbull St., Bay City



BAY REGION

**2-Session  
Classes!**

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5**

Classes are held on Tuesdays

January 20 and Feb. 3

4-6 p.m.

April 14 and 28

6-8 p.m.

Aug. 25 and Sept. 8

4-6 p.m.

Oct. 27 and Nov. 10

1-3 p.m.

*All classes are held at  
400 S. Trumbull St.*

### WHY YOU SHOULD ATTEND:

Having pre-diabetes means you have a high risk of developing Type 2 diabetes. You CAN take steps to prevent diabetes from developing. Once you develop diabetes, it won't go away, so it's better to prevent it in the first place.

### WHO SHOULD ATTEND:

Pre-diabetes classes are for people who have a fasting blood sugar between 100 and 125. They are also for anyone who is at risk for developing type 2 diabetes. You are at risk for developing diabetes if you:

- Have a family history of diabetes
- Have had gestational diabetes or a baby weighing more than 9 lbs. at birth
- Have blood pressure greater than 140/90
- Have low HDL cholesterol or high triglycerides
- Are African American, Native American, Asian American, Hispanic American or Pacific Islander
- Have been told by a doctor that you have "borderline diabetes" or a "touch of sugar."
- Are overweight and underactive
- Are interested in preventing type 2 diabetes

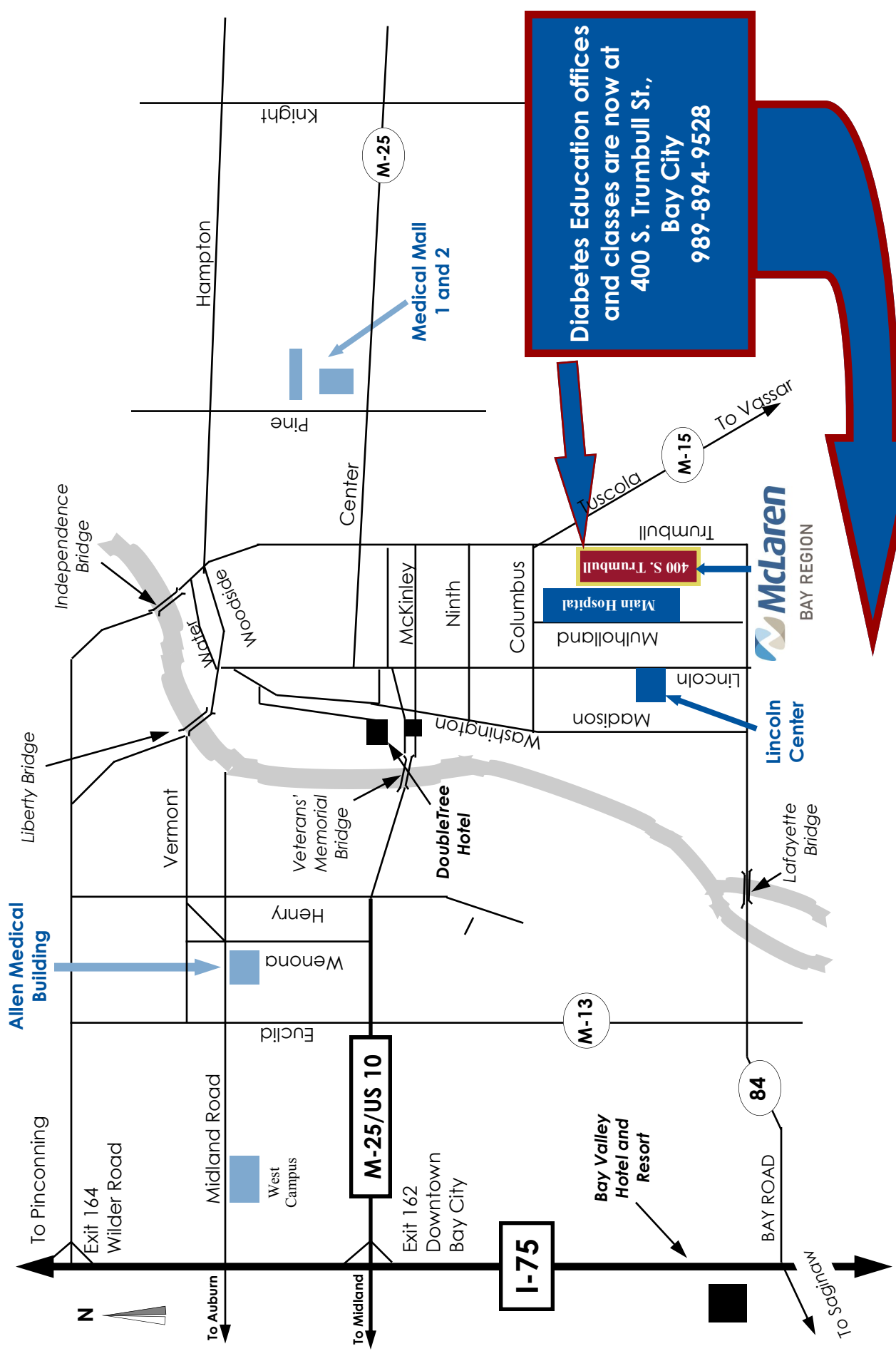
As you get older, especially if you are overweight, your chances of developing diabetes increase. Anyone over age 45 who is overweight should be checked for diabetes.

**FEE: \$25 per person for the entire session,  
payable at the first class.**

**You must pre-register by calling (989) 894-9528.**

[mclaren.org/bayregion](http://mclaren.org/bayregion)

# McLaren Bay Region Area Map



**Diabetes Education offices  
and classes are now at  
400 S. Trumbull St.,  
Bay City  
989-894-9528**



**Lincoln Center**