

**McLaren Print System Order**

Order No: 6901  
 Order Date: 2014-11-04  
 User: michelle frasik  
 Phone: 989-894-3813

Ship Location: mclaren bay marketing - michelle frasik  
 503 mulholland ave.  
 bay city, mi 48708

Brochures  
 Quantity: 100  
 Paragon Dept No: 36510560210  
 Dept Name: mclaren bay marketing  
 Company Number: 210

Order Total Price: 4.98

Item Number: B-03  
 Item Description: Pre Diabetes Flyer  
 Revision Date:  
 Print: 2 sided black and white  
 Paper: 20# Blue Text  
 Size: 8.5 x 11  
 Fold:  
 Finish:  
 Drill:  
 Misc Info:

<h2>Pre-Diabetes</h2> <p>2015 Class Schedule  <b>Stop Diabetes in Its Tracks!</b>                  400 S. Trumbull St., Bay City</p>		<p>BAY REGION</p> <p><b>2-Session Classes!</b></p>								
<b>2015</b>	<p>Classes are held on Tuesdays</p>	<table> <tr> <td>January 20 and Feb. 3</td> <td>4-6 p.m.</td> </tr> <tr> <td>April 14 and 28</td> <td>6-8 p.m.</td> </tr> <tr> <td>Aug. 25 and Sept. 8</td> <td>4-6 p.m.</td> </tr> <tr> <td>Oct. 27 and Nov. 10</td> <td>1-3 p.m.</td> </tr> </table> <p><i>All classes are held at 400 S. Trumbull St.</i></p>	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.
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<p><b>WHY YOU SHOULD ATTEND:</b>                  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.</p> <p><b>WHO SHOULD ATTEND:</b>                  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:</p> <ul style="list-style-type: none"> <li>• Have a family history of diabetes</li> <li>• Have had gestational diabetes or a baby weighing more than 9 lbs. at birth</li> <li>• Have blood pressure greater than 140/90</li> <li>• Have low HDL cholesterol or high triglycerides</li> <li>• Are African American, Native American, Asian American, Hispanic American or Pacific Islander</li> <li>• Have been told by a doctor that you have "borderline diabetes" or a "touch of sugar."</li> <li>• Are overweight and sedentary</li> <li>• Are interested in preventing type 2 diabetes</li> </ul> <p><small>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.</small></p> <hr/> <p><b>FEE: \$25 per person for the entire session, payable at the first class.</b>                  You must pre-register by calling (989) 894-9528.</p> <p style="text-align: center;"><small>mclaren.org/bayregion</small></p>										