

McLaren Print System Order

Order No: 6900
 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 Stop Diabetes in Its Tracks! 400 S. Trumbull St., Bay City</p>		<p>BAY REGION</p> <p>2-Session Classes!</p>								
2015	<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.
	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.									
<p>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.</p> <p>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:</p> <ul style="list-style-type: none"> • 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 sedentary • Are interested in preventing type 2 diabetes <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>FEE: \$25 per person for the entire session, payable at the first class. You must pre-register by calling (989) 894-9528.</p> <p style="text-align: center;"><small>mclaren.org/bayregion</small></p>										