

# Pre-Diabetes

2012 Class Schedule

## Stop Diabetes in Its Tracks!

Lincoln Center, 820 S. Lincoln, Bay City



BAY REGION

Diabetes Education  
*presents*

## 2-Session Classes!

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Classes are  
held on  
Tuesdays

January 24 and 31

1-3 p.m.

April 17 and 24

6-8 p.m.

August 21 and 28

1-3 p.m.

October 30 and November 6

1-3 p.m.

*All classes are held at the Lincoln Center  
820 S. Lincoln St., Bay City*

### 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.

**You must attend both sessions in a class.**

**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

