

Have you been told by your Doctor that you have Prediabetes?

What steps are you taking to **IMPROVE** your **HEALTH?**

Please be our guest for an educational seminar to learn more about Prediabetes presented by San Luis Valley Health Diabetes Education Empowerment Program.

Classes available Monthly

Grizzly Inn

1919 Main street

Alamosa, CO

Topics:

- What is prediabetes?
- What Can You Do to Manage Prediabetes?
- What are carbs, and why are they important?
- Getting Regular Physical Activity.
- Putting It All Together.

**For Information regarding Dates &
Times and to reserve a spot Please
call Diabetes Education 589-8095**

