

# 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**

