



# Are you at risk for Diabetes? Do you have Pre-Diabetes?

**Marin General Hospital has a FREE class designed just for you!**

Come learn all about what Pre-Diabetes is and what can be done to prevent Diabetes. This class will be taught by an RN Certified Diabetes Educator, a Registered Dietitian, a Physical Therapist, and a Licensed Clinical Social Worker.

## **Topics Include:**

- What is Pre-Diabetes?
- Knowing your risk
- Healthy meal planning
- Changing habits
- Developing an exercise plan
- Setting goals

**\* Includes time for Q&A as well as checking your blood sugar if desired.**

**\* Light refreshments will be provided**

January 20, 2011  
4:30-6:30pm  
Magnolia/Tamalpais Rooms  
at Marin General Hospital  
250 Bon Air Rd.  
Greenbrae, CA 94904

**Cost: FREE**

Pre-register by January 13<sup>th</sup>. Space is limited!  
Email [murrayva@maringeneral.org](mailto:murrayva@maringeneral.org) or call (415) 925-7385