



Diabetes Prevention 101

Are you at risk for type 2 diabetes?

Learn the steps you can take today to actually prevent type 2 diabetes.

- Learn about the risks associated with pre-diabetes from our team of experts and how you can actually prevent diabetes from developing
- Understand how taking action now can have a profound influence on your future health
- Become skillful at setting goals based on your unique needs
- Learn to set goals you can meet, and identify activities to help you reach those goals
- Understand the basics of how to choose foods to improve your blood sugar
- Obtain resources to help support you on your journey to better health

2020 Dates (Wednesdays)

January 22

March 18

May 20

July 15

Time

2:00 – 4:00 pm

Cost

\$75.00

Location

Braden Diabetes Center
1100 South Eliseo, Suite 2
Greenbrae, CA 94904

Registration Required!

Call 1-415-925-7370