

I CAN Prevent Diabetes Community Program

I CAN Prevent Diabetes!

Individuals and Communities
Acting Now to Prevent Diabetes ©



You can prevent or delay the onset of Type 2 diabetes by making lifestyle changes taught in this class. The first 30 minutes will be simple food preparation (and tasting!) followed by a group session with a trained lifestyle coach to help you lose weight, eat healthier and increase physical activity.

This program may be for you if you have multiple risk factors:

- *diabetes runs in your family*
- *you are overweight or inactive*
- *you have high blood pressure or high cholesterol*
- *you had diabetes during pregnancy*

Talk to your doctor or complete a short questionnaire the first night of class to determine if you are at risk for prediabetes. *You must be at least 18, not currently diagnosed with diabetes and not pregnant.*

Classes meet at the UROC Building, 2001 Plymouth Ave. N., Minneapolis

<i>I Can Prevent Diabetes (Spanish):</i>	16 Tuesdays	February 15-May 31	5:30-7:00 pm
<i>I Can Prevent Diabetes (English):</i>	16 Thursdays	February 17-June 2	5:30-7:00 pm

\$15 supply fee payable to Minneapolis Community Education. Scholarships & fee reductions available.

**To register, call 612-668-1922 or return the form below to
Henry Community Education, 4320 Newton Ave. N., Minneapolis, MN 55412**

Presented in partnership with the U of M Extension Simply Good Eating Program, Minnesota Department of Health Diabetes Programs, Minneapolis Department of Health Statewide Health Improvement Program and Minneapolis Community Education.

I CAN Prevent Diabetes Community Program Registration Form

Please check the session you wish to attend:

Spanish: 16 Tuesdays, February 15-May 31, 5:30-7:00 pm

English: 16 Thursdays, February 17-June 2, 5:30-7:00 pm

Name: _____

Address: _____

City, State, Zip: _____

Home Phone: _____ Mobile Phone: _____ Email: _____

**Return this form with your payment to Henry Community Education, 4320 Newton Ave. N., Minneapolis, MN 55412.
If you are requesting a fee reduction or scholarship, please call 612-668-1922.**