Have you ever been told by a health care professional that you:
• Are at risk for getting diabetes?
• Have prediabetes?
• Have borderline diabetes?
• Have high blood sugar or glucose?
• Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.
This is a 12-month class for overweight individuals at risk for developing diabetes or who have a diagnosis of prediabetes. The class will focus on weight loss, exercise and diet changes that have been shown to delay or prevent the onset of diabetes.

This program can help you lose weight and lower your risk for diabetes.

Leslie Shallcross, program instructor, is an associate professor with the Tanana District Cooperative Extension Service and a registered dietitian and CDC-recognized provider for this successful diabetes prevention program.

Location: Tanana District Office, 724 27th Ave., Suite 2, Fairbanks, AK
Date: Oct. 30, 2017-Sept. 24, 2018
Day/Time: Mondays 5:30-6:45 p.m. for 8 weeks (Oct. 30-Dec. 18) and weekly Jan. 8-Sept. 24, 2018
Cost: $280, or $240 for seniors
Registration: Contact Leslie Shallcross by Oct 27 to discuss whether this is the right program for you before registering by email at lashallcross@alaska.edu or by phone at (907) 474-2426.

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