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.... join the Diabetes Prevention Program!

The 12-month lifestyle change class will focus on making small gradual changes in exercise, food, stress management, etc., 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 in the Tanana District of the Cooperative Extension Service, a registered dietitian and a CDC-recognized provider for the successful Diabetes Prevention Program.

Location: Tanana District Office, 1000 University Ave., Rm 108, Fairbanks
Date: April 1, 2019 - March 25, 2020
Day/Time: Mondays 5:30-6:45 p.m.
Cost: $240 or $200 for seniors ($80 will be refunded for program completion)
Registration: Contact Leslie Shallcross by March 29 to discuss whether this is the right program for you. Reach her at lashallcross@alaska.edu or by phone at 907-474-2426