5-weeks to improve your life and your health!

FREE

Diabetes Prevention Workshops

NEW 5-WEEK PROGRAM!

MONDAYS

6PM - 7PM

JAN 27, FEB 3, 10, 17 & 24

Presented by: Marybeth Peña RN, BSN, CDE
Nurse Program Specialist, Florida Dept. of Health, Martin County

1 in 3 American adults has pre-diabetes. Do you? Take the easy, one-page self-assessment at the Golden Gate Center for Enrichment to determine your risk level and work with Nurse Peña for 5 weeks.

It is possible with small steps to reverse prediabetes!

Definitive diagnosis of pre-diabetes is not required to attend workshops.

Sign-up today!

GoldenGateCenterMC.org
or call (772) 286-4673 x 1600.

Golden Gate Center for Enrichment
3225 SE Dixie Highway, Stuart, FL 34997

Golden Gate Center for Enrichment

House of Hope

Florida HEALTH

Cleveland Clinic
Martin Health

¡5 semanas para cambiar su vida y mejorar su salud!

¡GRATIS!

Talleres de Prevención de la Diabetes

¡NUEVO!

PROGRAMA DE 5 SEMANAS

LUNES

6PM - 7PM

ENERO 27, FEB 3, 10, 17 & 24

Presentado por: Marybeth Peña RN, BSN, CDE
Especialista en programas de enfermería,
Florida Dept. of Health, Martin County

1 de cada 3 adultos estadounidenses tiene pre-diabetes. Realice la autoevaluación sencilla de una página en el Golden Gate Center for Enrichment para determinar su nivel de riesgo y trabaje con la enfermera Peña durante 5 semanas.¡Es posible con pequeños pasos revertir la prediabetes!

El diagnóstico definitivo de prediabetes no es necesario para asistir a talleres.

¡Inscríbense Hoy!

GoldenGateCenterMC.org
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