

January 3, 2020

## START THE NEW YEAR WITH A PLAN TO IMPROVE YOUR HEALTH



### Free Diabetes Prevention Workshops available

**Contact:**

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**Martin County, FL** – The Florida Department of Health in Martin County is pleased to offer a series of Diabetes Prevention Workshops beginning January 27. Working in partnership with House of Hope/Golden Gate Center for Enrichment and Cleveland Clinic Martin Health the workshops will focus on strategies and recipes to improve overall health.

Risk factors for pre-diabetes include being overweight, not physically active or having a parent, sister or brother with diabetes. The Centers for Disease Control and Prevention (CDC) estimates that 1 in 3 adults in the United States has prediabetes.

Certified Diabetes Educator and Nurse Program Specialist, Marybeth Peña will coordinate the healthy lifestyle programs to encourage individuals to exercise and prepare healthy meals. “To improve our health, we need to change our mindset and our relationship with food.” said Pena. “With support, better health can be achieved by taking a few small steps in the right direction.”

### The workshops are free, but pre-registration is required.

- Mondays: January 27, February 3, 10, 17, 24
- 6:00 – 7:00 pm
- Golden Gate Center for Enrichment, 3225 SE Dixie Highway, Stuart

To sign up, log on to [www.GoldenGateCenterMC.org](http://www.GoldenGateCenterMC.org) or 772-286-4673 ext. 1600.

Workshop flyer:

[http://martin.floridahealth.gov/files/2020/documents/diabetes\\_program.pdf](http://martin.floridahealth.gov/files/2020/documents/diabetes_program.pdf)

### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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