

Diabetes Wake-Up Call And Healthy Eating

Learning about a healthful lifestyle can make a difference! Healthy Eating and Diabetes Wake-up Call classes help you understand some steps toward better health.

About the classes:

Held on Wednesday from 5:30pm-6:30pm

Payment required PRIOR to class

Cost not covered by insurance

\$10.00 per class

Classes are taught by a Registered Dietitian or Diabetes Educator

Class 1

Diabetes Wake Up Call

Recommended for:

People with pre-diabetes

People at high risk or family history of diabetes

Anyone interested in preventing diabetes

Jan. 21st, March 25th, May 21st, July 22nd, Sept. 16th, and Nov. 18th

Class 2

Healthy Eating

Recommended for:

People who want to lower cholesterol

Better control of blood pressure

Healthy Eating Plan

Family Meal Planning

Feb. 18th, April 15th, June 17th, Aug. 19th, Oct. 21st, Dec. 16th

Class location:

Diabetes HealthSource

2400 S. Clinton Ave Bldg. H Ste. 135

Rochester, NY 14618

Call 585-341-7066 to register