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**