



OPTIMAL HEALTH *and* WELL-BEING



**Yes, you can...with the HealthEast
Diabetes Prevention Program
College of St. Scholastica**
Room A- Lower Level
340 Cedar St.
St. Paul, MN 55101

If you have risk factors or a family history of diabetes, high blood pressure or high cholesterol, diabetes during pregnancy, or are overweight and/or inactive, this program may be for you!

Simply follow these two steps:

1. Attend a **free** information and **Screening Session** to find out if you qualify:
Wednesday, February 1, anytime between 11:00 am – 1:00 pm
Screening includes:
 - Diabetes risk assessment
 - Blood work
 - Body Mass Index
 - Nutrition consultation
 - Exercise demonstration
2. **If your screening shows you qualify**, you will be able to register and participate in the 16- week **I Can Prevent Diabetes! Program**
A HealthEast coach will help you learn the tools for leading a healthier lifestyle.

Questions?

Call Kate at 651- 232-2933 (leave a message) or email ketaylor@healtheast.org

**If you qualify for the Diabetes Prevention Program, the program begins
Wednesday, February 8 through May 24, 11:00 am – 12:00 pm**

Fee: \$60