



BE PROACTIVE. PREVENT DIABETES.



Goshen Health

RISK FACTORS FOR DIABETES

- Family history of heart disease or diabetes
- Physically inactive or overweight
- Prediabetic or insulin resistant
- Previous gestational diabetes
- High blood pressure or abnormal cholesterol

PROACTIVE DIABETES CLASS

Attend this FREE informative class for adults to learn how to reduce the risk for developing type 2 diabetes through healthy eating, exercise, weight loss and stress management.

Monday, October 14, 2019

10:00 – 11:30 a.m.

Goshen Heart & Vascular Center

Wellness Classroom, second floor

1855 South Main St., Goshen, IN 46526

To register, visit [GoshenHealth.com/Patient-Information/Events](https://www.goshenhealth.com/Patient-Information/Events). For more information, please call us at (574) 364-2746.

Goshen Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1 (574) 364-1000 (TTY: 711 or 1 (800) 743-3333 to be connected with Relay Indiana).

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