Harold Schnitzer Diabetes Health Center Pre-Diabetes Courses 2010

Know Your Risk, Reduce Your Risk!

The pre-diabetes population is growing!

Almost 24 million Americans have diabetes

It is estimated that 57 million Americans have pre-diabetes. Are you one of them?

A person with pre-diabetes is at risk for developing type 2 diabetes as well as other medical conditions. The good news is there are simple steps you can take to reduce your risk. To learn how to reduce your risk, attend our one session pre-diabetes course soon!

Where?
march wellness & fitness center
2nd Floor OHSU Center for Health & Healing
3303 SW Bond Ave
Portland, OR 97239

Parking
Free parking is available in the parking garage located under the building. When you check-in for class a march wellness center staff member will validate your parking stub.
If you prefer to park on the Marquam Hill campus you can ride the Portland Arial Tram down to the OHSU Center for Health & Healing and a march wellness center staff member will provide you with a tram pass for your return trip.

Day & Time
Classes are held one Tuesday a month from 5:30-8:00 PM.

2010 Class Dates

Cost
We charge a nominal fee of $25 for this program.

Scheduling and Registration
All class participants must be registered with OHSU prior to attending. Please call 503.494.3273 for scheduling and registration information.