

Pre-Diabetes Courses 2012 Know Your Risk, Reduce Your Risk!

The pre-diabetes population is growing!

Almost 26 million Americans have diabetes

It is estimated that 79 million Americans have pre-diabetes. Could you be 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

Day & Time

Courses are held one Tuesday a month from 5:30-8:00 PM.

2012 Course Dates

January 24, February 28, March 27, April 24, May 22, June 26, July 24,
August 28, September 25, October 23 & November 27

Cost

We charge a nominal fee of \$25 for this course.

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.

Scheduling and Registration

All course participants must be registered with OHSU prior to attending. Please call **503.494.3273** for scheduling and registration information.

