

## Pre-Diabetes Courses 2013 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  
2<sup>nd</sup> 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.

### 2013 Course Dates

January 29, February 26, March 26, April 30, May 21, June 25, July 30,  
August 27, September 24, October 29 & November 19

### 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.

