

## Calendar of Events

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August 26, 2020

### **Diabetes Prevention Program**

**Avera Holy Family Hospital**

**826 N 8th Street**

**Estherville, IA 51334**

03:00 PM - 03:30 PM CST

Tina Bauermeister, 712-362-6306

tina.bauermeister@avera.org

*1 in 3 people have Prediabetes, and most don't know it.*

*The CDC's National Diabetes Prevention Program is beginning at Avera Holy Family Hospital on August 26th, 2020.*

*If you or someone in your family has pre-diabetes, they can qualify for this program.*

*The class is 16 weeks long, following by 6 monthly classes. Classes begin on August 26th. It is definitely a time commitment, but it works. You have to commit to be there each time. You will be expected to lose 5-7% of your body weight and increase activity to 150 minutes per week.*

*3 pm on Wednesdays, 30 minutes. If you are interested, but this time doesn't work, let us know.*

*There is a virtual participation option.*

*The class is FREE!!!*

*Please contact Tina Bauermeister at 712-362-6306 with questions.*