

2017 Pre-diabetes education classes

Have you been diagnosed with pre-diabetes, impaired fasting glucose, impaired glucose tolerance or metabolic syndrome?

If so, this is the class for you.

February

Edina	Feb. 15	952-835-1311	5:30-8 p.m.
Faribault	Feb. 20	507-334-3921	1:30-4 p.m.
Shoreview	Feb. 21	651-483-5461	5:30-8 p.m.
Bandana Square	Feb. 23	651-241-9700	5:30-8 p.m.
Woodbury	Feb. 27	651-241-3000	5:30-8 p.m.
Cambridge	Feb. 28	763-689-7700	5:30-8 p.m.
Coon Rapids	Feb. 28	763-780-9155	5:30-8 p.m.

April

Cottage Grove	April 10	651-458-1884	5:30-8 p.m.
Burnsville	April 11	952-428-0200	5:30-8 p.m.
Faribault	April 17	507-334-3921	1:30-4 p.m.
Shoreview	April 18	651-483-5461	5:30-8 p.m.
Edina	April 19	952-835-1311	5:30-8 p.m.
Cambridge	April 25	763-689-7700	5:30-8 p.m.
Coon Rapids	April 25	763-780-9155	5:30-8 p.m.
Bandana Square	April 27	651-241-9700	5:30-8 p.m.

June

Cottage Grove	June 12	651-458-1884	5:30-8 p.m.
Burnsville	June 13	952-428-0200	5:30-8 p.m.
Faribault	June 19	507-334-3921	1:30-4 p.m.
Shoreview	June 20	651-483-5461	5:30-8 p.m.
Edina	June 21	952-835-1311	5:30-8 p.m.
Bandana Square	June 22	651-241-9700	5:30-8 p.m.
Cambridge	June 27	763-689-7700	5:30-8 p.m.
Coon Rapids	June 27	763-780-9155	5:30-8 p.m.

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Objectives

- Learning about pre-diabetes
- Making a plan for physical activity
- Creating a meal plan
- Understanding food labels
- Developing a sensible weight loss plan

Cost

\$40–includes a workbook and other materials

Pre-registration

To register, please call the location hosting the session you would like to attend.

For questions, please call 612-262-0440.

Have you been diagnosed with pre-diabetes, impaired fasting glucose, impaired glucose tolerance or metabolic syndrome?

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August

Burnsville	August 8	952-428-0200	5:30-8 p.m.
Cottage Grove	August 14	651-428-1884	5:30-8 p.m.
Shoreview	August 15	651-483-5461	5:30-8 p.m.
Edina	August 16	952-835-1311	5:30-8 p.m.
Faribault	August 21	507-334-3921	1:30-4 p.m.
Cambridge	August 22	763-689-7700	5:30-8 p.m.
Bandana Square	August 24	651-241-9700	5:30-8 p.m.
Coon Rapids	August 29	763-780-9155	5:30-8 p.m.

October

Cottage Grove	October 9	651-428-1884	5:30-8 p.m.
Burnsville	October 10	952-428-0200	5:30-8 p.m.
Faribault	October 16	507-334-3921	1:30-4 p.m.
Shoreview	October 17	651-483-5461	5:30-8 p.m.
Edina	October 18	952-835-1311	5:30-8 p.m.
Cambridge	October 24	763-689-7700	5:30-8 p.m.
Coon Rapids	October 24	763-780-9155	5:30-8 p.m.
Bandana Square	October 26	651-241-9700	5:30-8 p.m.

December

Faribault	December 11	507-334-3921	1:30-4 p.m.
Cottage Grove	December 11	651-428-1884	5:30-8 p.m.
Burnsville	December 12	952-428-0200	5:30-8 p.m.
Coon Rapids	December 12	763-780-9155	5:30-8 p.m.
Edina	December 13	952-835-1311	5:30-8 p.m.
Cambridge	December 26	763-689-7700	5:30-8 p.m.
Bandana Square	December 28	651-241-9700	5:30-8 p.m.

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