

## HealthEast Diabetes Care now offers pre-diabetes program

Pre-diabetes is a condition in which a person's blood sugar levels are higher than normal, but not quite high enough to be diagnosed as diabetes. Left unchecked, this condition often leads to type 2 diabetes – a lifelong disease.

When you have been diagnosed with Pre-Diabetes, studies show that you have a 58 percent chance of avoiding type 2 diabetes by changing your behaviors. The pre-diabetes program will give you information and support to make these behavior changes.

The program includes information on:

- Healthy blood sugar goals
- Healthy eating
- Increasing activity

Each program consists of two sessions and is offered at HealthEast Midway Campus or at our Watson Education Center (next to St. John's Hospital). A loaner blood sugar meter and instructions on how to use the meter are included in this program.

**HealthEast Midway Campus**  
**1700 University Avenue**  
**St. Paul, MN 55104**

**Session 1:** Saturday, June 14, 9 to 11 am, Haag-Rinkel Conference Room

**Session 2:** Saturday, June 28, 9 to 11 am, Haag-Rinkel Conference Room

**Maplewood Professional Building**  
**Watson Education Center, Suite 202**  
**1655 Beam Avenue**  
**Maplewood, MN 55109**

**Session 1:** Saturday, July 12, 9 to 11 am, Conference Rooms 1 and 2

**Session 2:** Saturday, July 26, 9 to 11 am, Conference Rooms 1 and 2

**Session 1:** Saturday, August 9, 9 to 11 am, Conference Rooms 1 and 2

**Session 2:** Saturday, August 23, 9 to 11 am, Conference Rooms 1 and 2

---

To register, please fill out this form and mail to:

HealthEast Care Connection – Pre-Diabetes Program  
1700 University Avenue  
St. Paul, MN 55104

Class Dates \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please enclose nonrefundable fee of \$30.00, checks payable to HealthEast Diabetes Care. Financial assistance is available. If you have questions, please call HealthEast Diabetes Care at 651-232-5757.

*This program is in partnership with the St. Paul Diabetes Lion's Club.*