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# Want to Prevent Diabetes?

*Join FREE or low-cost classes on Diabetes Prevention*

Learn how to...

- Eat healthier
- Be more active
- Set health goals & **SUCCEED**
- PLUS, meet new people

**We can help you!**



**LA Healthline**

**1-800-793-8090**

(Monday-Friday, 8 am-6 pm)

*Classes also available for...*

*Obesity • High Blood Pressure • High Cholesterol  
Fear of Falling (65+ years old) • Caregiving*

Workshops meet the U.S. HHS Administration for Community Living's Title IID criteria for evidence-based programs.

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