

Rx for Wellness



Free Classes, Programs, and Resources!

- Prediabetes, Diabetes, and Weight Management**
Education, Self-management classes
- Free Diabetes Risk Test** (over the phone)
Answer a few questions to find out if you're at risk
- Health Classes**
Heart disease, High blood pressure, High cholesterol,
Fear of falling (65+ years old), Caregiving
- Health Coverage/Insurance**
Information and referrals (regardless of legal status)
- Health, Mental Health & Social Services**
Referrals to local resources

Notes: _____

Referred by: _____

Call:



LA Healthline
1-800-793-8090

(Call Monday-Friday, 8 am-6 pm)

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