

## Diabetes Prevention



### Start Your Healthy Journey

1. Jump start your journey to a healthier you
2. Refresh your knowledge about healthy eating and activity
3. Hold yourself accountable
4. Come enjoy some “you” time!

## 4-week Diabetes Prevention Basics Course

#### **Hau’pal Red Tail Hawk Health Center**

Life Center  
1/9/23 at 11:00 AM

#### **Komatke Health Center**

Life Center  
1/10/23 at 11:00 AM

#### **Hu Hu Kam Memorial Hospital**

Life Center  
1/17/23 at 10:00 AM