



Diabetes Prevention

FIND YOUR
BALANCE
FIND YOUR
STRENGTH

Join Diabetes Prevention for weekly sessions. We will educate you on a healthy lifestyle and physical activity and offer tips to help you establish healthy home routines.



Including

- Education topics will cover physical activity, healthy eating, and stress management.
- Physical Activity Sessions will include dance, martial arts training, and stretching.
- We will have a different type of physical activity each week.



Thurs.
5pm

EACH SESSION

- 1 15 minutes of Healthy Lifestyle Education
- 2 20-30 minutes Physical Activity session

LOCATION

Hau'pal (Red Tail Hawk)
Health Center Life Center
Conference Room

