



**LIFE CENTER**  
DIABETES, ENDOCRINOLOGY & WELLNESS

**PRESENTS**

# *Family* **Diabetes Prevention Class**

**9 am - 11 am**

**Classes held at  
Hu Hu Kam Memorial Hospital**

**Bring the family to  
learn more about  
healthy eating and  
create an active lifestyle**

**CLASS UPDATE**

~~October 18, 2025~~  
**CANCELED**

**LIMITED TO 3-4 FAMILIES  
\*DEPENDING ON FAMILY SIZE**

For more information, call Life Center Diabetes Prevention at (520) 562-7940