

# ***Borderline Diabetic or Pre-diabetic?***

## ***Join us for a Pre -Diabetes Workshop***

Learn how you can take simple steps that will help prevent or delay getting Type 2 Diabetes.

Learn about making small changes with a BIG impact.

Start making your plan to prevent diabetes and its complications.

***The charge for this class is \$45.  
Guests welcomed.***



### **Seminar Schedule for 2011**

January 31, 9-11AM

March 31, 1-3PM

May 30, 9-11AM

June 30, 1-3PM

August 29, 9-11AM

October 31, 9-11AM

December 29, 1-3PM

Location: Florida Hospital DeLand Classroom C

To reserve your space for this workshop or to find out more information, contact  
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