



# Pre-Diabetes “What Do I Do Now?”

Thursday, Nov. 3 | 4-6 pm  
VGH Cafeteria  
502 N. 9th Ave., Vinton

**It's a well-known fact...** If you are at risk, you can **delay** or even **prevent** the onset of Type 2 Diabetes with changes in diet and exercise. You may benefit from this class, if:

- Already diagnosed with Pre-Diabetes or elevated blood glucose
- Overweight • Sedentary or inactive lifestyle
- Family history of diabetes • High blood pressure • High blood fats-lipids
- Women who had babies (over 9 lbs.) or Gestational Diabetes
- Certain ethnic groups: Asians, Pacific Islanders, African-Americans, Native Americans

If you would like to attend, ask your provider or nurse or call Diabetes Education at **319-472-6193** by November 2.

**No referral needed.** \$15 fee



**VIRGINIA GAY HOSPITAL**  
Clinics, Home Health, Nursing & Rehab

[www.myvgh.org](http://www.myvgh.org) | 319.472.6200