 KNOW YOUR NUMBERS
Get a biometric screening courtesy of UC Davis and Kaiser Permanente for participants over 18.
Screening includes blood pressure, cholesterol, glucose, triglycerides, height, weight, waist, BMI, and body fat percentages.
You must fast 12 hours before your confidential screening.

*Space limited Jan. 9! Sign up now: https://goo.gl/forms/cPh8BmCRooLC72ew1

**Blood glucose screenings only - no need to fast! Screenings are first come, first served up to 100.

DIABETES PREVENTION PROGRAM
Need help putting diet and activity recommendations into practice? This program will give you tools to reduce your risk of developing diabetes.

Intro Session
Jan. 16 • 130 Hoagland Hall • 12 - 1

Remaining Sessions
Jan. 23 - June 19 • 130 Hoagland Hall* • 12 - 1

INTERESTED?
https://www.surveymonkey.com/r/DPP18

*Sessions alternate between in-person and online meetings weekly starting Jan 23.