**UC Davis**

**DIABETES PREVENTION**

**2018**

**KNOW YOUR NUMBERS**

Get a **biometric screening** courtesy of UC Davis and Kaiser Permanente.

Screening includes blood pressure, cholesterol, glucose, triglycerides, height weight, waist, BMI, and body fat percentage.

You must fast 12 hours before your confidential screening.

**JAN. 9**

7 AM - 10AM

**JAN. 10**

11 AM - 12PM

COWELL HALL LOBBY

*only blood glucose screening available Jan. 10

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**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 - July 9 • 130 Hoagland Hall* • 12 - 1

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