

HCN Health and Wellness
Division presents:

PREVENT T2

A Diabetes Prevention Program Zoom class

Starting Tuesday November 3rd at 1:00PM

A phone and email address are the only requirements to attend - manuals are provided.

Classes are weekly for the first 6 months and we request a 1 year commitment to your health.

*November is National
Diabetes Awareness Month*

We have the POWER to PREVENT
Diabetes!

Call Rachel Montana to sign up or with questions:

1- 888 - 685 - 4422 Ext. 5039



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