



Diabetes Prevention and Treatment Program—Outreach Classes

4960 W. Vai Sevoi • (520) 879-6200



November 2017 - January 2018 Schedule

Hitevi Kari—Wellness Program

Where: Wellness Center Azul Room
(5305 Calle Torim)

When: Thursday's starting January 18th, 2018
Employees: 12-1pm
Community: 5:30-6:30pm

Learn healthy shopping, cooking, and exercising habits in this 12 week course.

Wednesday Walking Group

Where: Meet in front of Health Dept. and walk down West Tetakusim

When: Every Wednesday 12:10-12:50pm

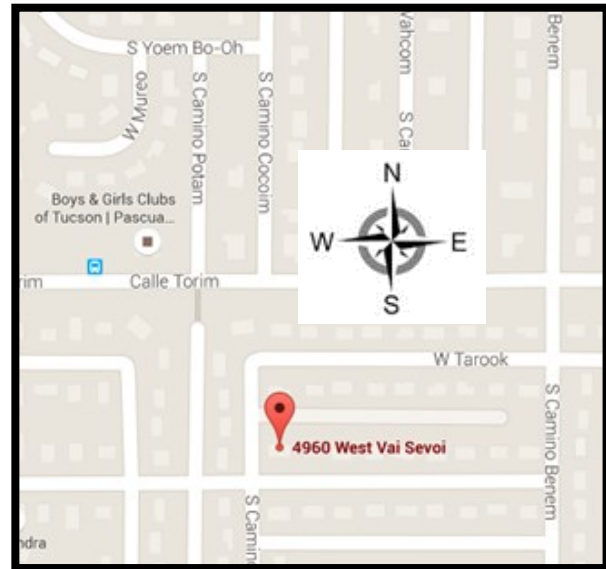
Diabetes 101 Classes

Where: Diabetes Prevention House
(4960 W. Vai Sevoi)

When: Every Friday 10am-12pm
(by appointment, please call ahead)

You'll find us at these community events too!

El Tour— November 18th
Kama Festival—November 18th
Spiritual Walk —December 2nd



Other services:

- ◆ One-on-one diet and health coaching
- ◆ Assistance with diabetes management (medications, monitoring, lifestyle)
- ◆ Blood sugar, cholesterol, and A1c checks

For questions or to schedule an appointment contact:

Stacy Percy RD -
(520) 879-6137

Juanita Theis, Outreach Specialist-
(520) 879-6202

Cassandra Colmenero,
Outreach Specialist
(520) 879-6201

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