

COVENANT HEALTHCARE DIABETES SELF-MANAGEMENT

FREE Diabetes Prevention Class

Please join us on the
2nd TUESDAY of EACH MONTH
5:30-7:30 pm
at

Covenant HealthCare, 800 Cooper, Suite 6, Saginaw, MI 48602

It is estimated that 96 million Americans have pre-diabetes – along with an increased risk of heart disease and stroke. Most will develop Type 2 diabetes within 10 years unless they do something about it.

Have you been told you have pre-diabetes or do you have any of these risk factors?

- High blood pressure
- Low HDL cholesterol
- Physical inactivity
- Diabetes during pregnancy
- Having a baby weighing 9 lbs or more



If you answered yes to any of these, this program is designed specifically for you!

For questions and to enroll, contact:

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Covenant HealthCare
Diabetes Self-Management Program
989.583.5193 or jhanson@chs-mi.com



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