

Take Action



Are You at Risk: The Facts About Preventing Diabetes

Learn more about type 2 diabetes and what you can do to reduce your risk and lead a healthy lifestyle. Type 2 diabetes is preventable, however, 1 in 3 adults are at risk. Do you know where you stand?

This workshop explores what diabetes is, shares a diabetes risk assessment, and reviews easy lifestyle adjustments that can be made to reduce your risk.

Learning objectives:

- Review the basics of pre-diabetes and diabetes.
- Outline the symptoms and complications of uncontrolled diabetes.
- Learn how to interpret their risk assessment test.
- Discuss healthy lifestyle habits that can reduce their risk.

Delivery: Virtual or In-Person

Session Length: 50 min



Love Your Heart

Join this interactive session where we explore the risks of high blood pressure and how to prevent or better manage this dangerous condition.

Learning objectives:

- Review the basics of high blood pressure and how it affects the body.
- Discuss risk factors for high blood pressure.
- Develop strategies for preventing and managing high blood pressure.

Delivery: Virtual or In-Person

Session Length: 50 min