

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



Matters of the Heart

Heart disease is the leading cause of death among adults in the United States. The term “heart disease” refers to several types of conditions that affect the heart.

Coronary artery disease is one of the most common forms of heart disease and is greatly impacted by our lifestyle choices. Join this workshop to learn about heart disease, and explore strategies to prevent and manage it.

Learning objectives:

- Review the basics of heart disease, including risk factors.
- Discuss the major complications of heart disease.
- Develop strategies for preventing and managing heart disease.

Delivery: Virtual or In-Person

Session Length: 50 min