

*Now is the time to
prevent type 2 diabetes*

**TAKE
CHARGE**

Take Charge is a new online class to help PEHP members prevent type 2 diabetes. If you have prediabetes, getting type 2 doesn't have to be a sure thing. Concepts taught in the class can help you lower your risk of having a heart attack or stroke, improve your health overall, and help you feel more energetic.

Course topics include:

- How to get and stay active: Why physical activity matters.
- The role of nutrition in preventing type 2 and how to cook for success.
- Cope with triggers and take charge of your thoughts.
- Heart Health.
- Eat well away from home.
- Stay motivated to prevent type 2.

2019 Class Schedule:

- April 1st – May 6th
- August 5th - September 9th

REGISTER TODAY

Free web-based class taught and developed by PEHP Registered Dietitians. Conveniently offered online! Register at www.pehp.org and receive course material by email. Includes live and recorded webinars!