

Metabolic Syndrome

Pre-Diabetes

Cardiometabolic

Syndrome X

Insulin Resistance Syndrome

Has your doctor used any of these terms to describe your condition?

If so, this class is for you!

Not only will this class define the above terms, but it will explain how weight loss and exercise can help you prevent or delay Type 2 diabetes, improve your blood pressure and your cholesterol levels.

Come join in on this two-hour informative class offered once a month by the Diabetes Wellness Program. Each registered individual receives an individualized education manual that discusses the following:

- Overview of Pre-diabetes, Metabolic Syndrome, etc
- Basic Meal Planning and food nutrients
- Weight Loss and Weight Maintenance
- Physical Activity - Why it is a must!
- Hypertension & Cholesterol Management

This class is a self-pay service. It is currently not covered by your medical insurance (including Medicare). The cost of the class is \$226.05 dollars if payment is made after services. **Participants paying prior to services will receive a 30% discount which reduces the cost to \$158.25 dollars.**

In its continued effort to meet the needs of the community, Queen of the Valley Medical Center is pleased to be able to offer this discount.

For individuals unable to pay, he/she can meet with a financial counselor in the Business Office (252-4411 ext. 4095) to apply for an optional payment plan or financial assistance.

For class dates, see the reverse side. To register or for more information, please contact the Diabetes Wellness Program at 252-4411 ext. 2391.



UPCOMING CLASS SCHEDULE

Wednesday Evenings 6 – 8 pm

January 7
February 3
March 3
April 7
May 5
June 2
July 7
August 4
September 1
October 6
November 3
December 1

Thursday Mornings 9 – 11 am

January 27
February 18
March 18
April 15
May 20
June 17
July 22
August 19
September 16
October 21
November 18
December 16