

# Are you at risk for developing type 2 diabetes?

## Did you know it is possible to prevent or delay type 2 diabetes?



Registered Dietitian and Certified Diabetes Educator Cathy Bertinuson from the Center for Excellence in Diabetes Education will be presenting a class on diabetes prevention on Monday, June 7 from 6-8 p.m. The class is designed for those who are at risk for developing diabetes. This includes people with a history of diabetes during pregnancy or a strong family history of diabetes and those who have been diagnosed with pre-diabetes, Polycystic Ovarian Syndrome (PCOS) or metabolic syndrome.

### **The class will cover:**

- ◆ Understanding Insulin Resistance
- ◆ Metabolic Syndrome (weight gain, high blood pressure, low HDL cholesterol, high triglycerides)
- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Blood Glucose Testing

**Location:** Center for Excellence in Diabetes Education  
264 Elm Street  
Northampton, MA 01060

The \$56 cost covers handouts and a glucose meter (valued at \$39.99).  
Some insurance plans will cover the cost of the class.

Pre-registration is required. Call 413-585-0039 for more information or to register.

**Cooley Dickinson Hospital**