



# OPPORTUNITIES TO IMPROVE YOUR HEALTH

HOW TO PREVENT YOUR PREDIABETES DIAGNOSIS FROM PROGRESSING

**BALANCED HEALTH SERIES**  
Information for your overall wellness.



**MARCH 28 & APRIL 4, 11, 18**  
**12:00PM – 1:00PM**  
**FOND DU LAC FAMILY YMCA**



**FREE! REGISTER FOR THE 4-PART SERIES**  
Open to Y members and the community.  
Register online or by calling 920.921.3330.



**PRESENTER:**  
**Jennifer Clausen, RC, CD**  
**SSM Health**



Join Jennifer Clausen, RD, CD for a 4- part series to help you prevent your prediabetes diagnosis from progressing to diabetes. We'll discuss practical and realistic changes you can make today that will make a difference. We'll set goals, share recipes and other tips to help you take control of your health and become a healthier you!

**MARCH 28:** Intro to Prediabetes; What is Prediabetes?  
What does this diagnosis mean to me?

**APRIL 4:** Establishing healthy habits to prevent diabetes

**APRIL 11:** Meal planning, grocery shopping, & cooking for success

**APRIL 18:** Maintaining healthy habits in the long-term

**FOND DU LAC FAMILY YMCA**  
90 W 2nd Street  
Fond du Lac, WI  
fdlymca.org