

Diabetes Prevention & Maintenance

- An evidence-based course focusing on the prevention and maintenance of diabetes. Each participant will enter the class meeting with a CSUSM Public Health Nursing student, who will conduct an initial health screening (blood pressure, resting heart rate, weight, BMI, blood sugar levels, etc.). Each participant will receive education and support on how to prevent and/or reverse type 2 diabetes. Course materials cover physical activity/tracking, food/tracking, behavioral and lifestyle changes.
- (2) 8-week courses offered one day per week for 2 hours.

