

Diabetes Prevention

Presented by Fit Heart Clinic



The Diabetes Prevention program is designed to provide participants with the tools and support needed to make sustainable changes to their daily habits and behaviors. Each classes offered by the Fit Heart Clinic aims at helping participants achieve their health goals and reduce their risk of developing type 2 diabetes.

Dates & Topics

Tuesday, April 18 at 12:00 PM — Stress & Fitness

Tuesday, May 02 at 12:00 PM — Heart Health

Tuesday, May 09 at 12:00 PM — Intro to Diabetes Prevention

Tuesday, May 16 at 12:00 PM —Tracking Activity & Eating Well

Saturday, June 3 at 11:00 AM — Tracking Food & Physical Activity

Tuesday, June 6 at 12:00 PM — Burning Calories & Shopping Tips

Location: 1725 Western Ave. San Bernardino, CA 92411

Cost: FREE

Questions? (909) 806-1816



<https://bit.ly/3m6FJcv>

Walk-ins welcome! Bring a friend!