



Take the Pre-Diabetes test

PRE-DIABETES CLASS INFORMATION

<p>PRE-DIABETES</p>	
<p>12-month class commitment Weekly classes/6 months Bi-weekly classes/2 months Monthly classes/6 months</p>	<p>Website to assess qualification status: http://www.cdc.gov/prediabetes/takethetest/ or, Scan above QR code for assessment. Please note your assessment #'s to bring to class. Once qualified, scan above QR code to complete class registration form (you may be placed on a waitlist if class fills up prior to your enrollment)</p>
<p>Requirements: Be at least 18 years old Be overweight (Body Mass Index: >25; >23 if Asian Not pregnant Have no previous diagnosis of type 1 or type 2 Diabetes</p>	<p>Requirements, cont'd: Have a previous clinical diagnosis of Gestational diabetes Have a blood test result in prediabetes range within past year: Hemoglobin A1C: 5-7 - 6.4% or Fasting plasma glucose: 100 – 125 mg/dL</p>
<p>Health Fair every 6 months will include: Point of Care A1C Retinal Scan InBody Body Composition Blood Pressure Foot Exam</p>	<p>Class Structure: Weekly Weigh-ins Facilitator led class Break-out sessions for discussions Possible private Facebook group for support</p>
<p>Cost: \$25 - \$5 deposit to hold space in class \$2 per class, paid throughout class term</p>	<p>Class Material: All class material will be provided</p>
<p>Location: The Impact Center 3420 E. Paulding Road Fort Wayne, IN 46816</p>	<p>Class day & time: To be determined</p>
<p><u>Sunday, April 14, 2024, 12:45pm, Impact Center</u> Information/instruction meeting for all class participants</p>	<p>For additional information, please email your questions to: info@covenantimpact.org Responses will be returned within 24-48 hours</p>
<p>NOTE: This class is for Pre-Diabetics ONLY</p>	