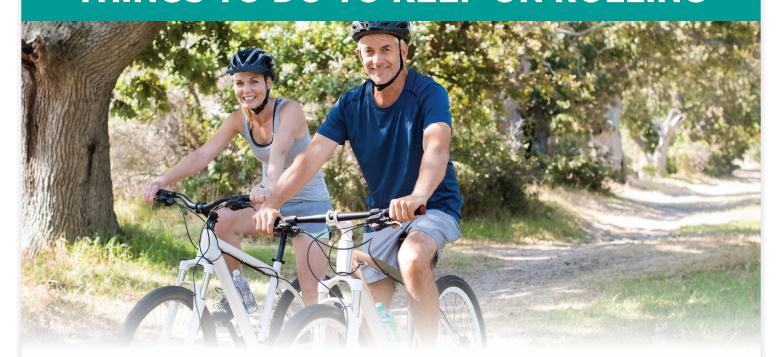
## THINGS TO DO TO KEEP ON ROLLING



#### FREE HEALTH LECTURE

# How to Stop Prediabetes from Becoming Diabetes

When Wednesday, Aug. 29, from 7 to 8 p.m.

Where Boulder Jewish Community Center, 6007 Oreg Avenue

### Prediabetes Raises Risk for Heart Attack, Stroke

Getting diagnosed with prediabetes—which means your blood sugar level is higher than normal—is a serious wake-up call. Without intervention, prediabetes often leads to type 2 diabetes and puts you at increased risk for heart disease and stroke. But this diagnosis doesn't mean that you will definitely develop diabetes. There's still time to turn things around.

Come hear family medicine physician Dr. Zara Frankel describe how prediabetes is diagnosed and practical steps you can take to help ward off type 2 diabetes.

### RESERVATIONS REQUIRED:

bchlectures.org/prediabetes • 303-415-4212



Boulder Community Health (BCH) does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, or national origin, or on the basis of disability or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by BCH directly or through a contract or any other entity with which BCH arranges to carry out its programs and activities.