

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



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