

New Mexico State University

Brown Bag Pre-Diabetes Series to begin



Do you have pre-diabetes, or have a close family member who does?

Are You ready for some lifestyle changes?

For more information, call the Cooperative Extension Service at 662-2656

Three informational meetings will be offered:

January 5th, 8th and 16th at noon, Fuller Lodge, (Class Room, 2nd Floor above the Ceramics Studio).

Free classes beginning Tuesdays at noon starting February 6th thru May 22nd, 2018.

Your lifestyle coach will help you:

- Learn the facts about healthy eating and being active
- Learn forces that make it hard to eat healthy and be active
- Learn how to change habits and adopt healthy behaviors
- Maintain weight goals and lifestyle changes



If you are an individual who is in need of special services in order to participate in this class, please contact Desaree Jimenez at 662-2656, deswhitf@nmsu.edu.

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