

Are you at risk for Type 2 diabetes? Please come join our class

Note: Team hill federal employees can utilize LX leave to attend Health and Wellness classes upon supervisor's approval

Diabetes Prevention

2ND WED OF EACH
MONTH from 1-2 pm
at the HAWC
(Bldg 533)

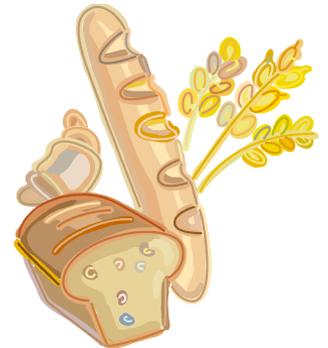
Call 777-1215
to sign up



Weight



Exercise



Food