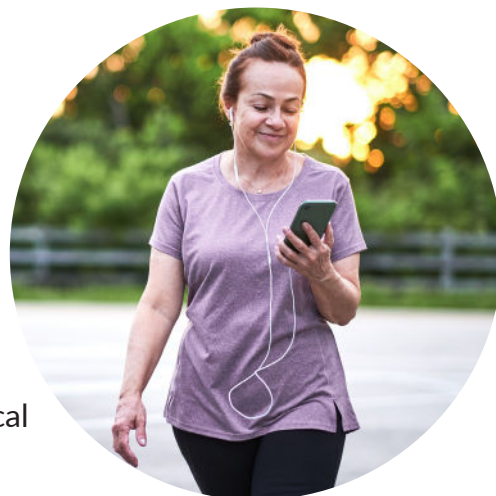




# PREDIABETES EDUCATION

Ridgeview's prediabetes education class will provide you with practical information to help you understand prediabetes and how to prevent type 2 diabetes. Classes are available in-person or virtually.



## CLASS OBJECTIVES

- + Learn what prediabetes is and how it is diagnosed
- + Set goals for making lifestyle changes
- + Identify lifestyle choices that can prevent or delay the development of diabetes
- + Understand continuation of care education
- + Identify risk factors for developing prediabetes

## DATES

Second Tuesday of the month,  
Jan. 13 - Dec. 8, 2026

## TIME

12-1:30 p.m.

## LOCATION

Class locations rotate each month  
between Waconia and Chaska.

Two Twelve Medical Center  
111 Hundertmark Road, Suite 300  
Chaska, MN

Ridgeview Professional Building  
560 S. Maple Street, Suite 222  
Waconia, MN

All classes also offered live virtually, via Microsoft Teams.

## REGISTRATION

To register, scan the QR code to the right, or visit  
[ridgeviewmedical.org/classes-events](https://ridgeviewmedical.org/classes-events).  
Registration is also available by phone, call 952.856.4099.

## SCHEDULE

Jan. 13	Waconia
Feb. 10	Chaska
March 10	Waconia
April 14	Chaska
May 12	Waconia
June 9	Chaska
July 14	Waconia
Aug. 11	Chaska
Sept. 8	Waconia
Oct. 13	Chaska
Nov. 10	Waconia
Dec. 8	Chaska

## RIDGEVIEW FACILITATORS

Classes are led by a dietitian/certified  
diabetes care and education specialist.

