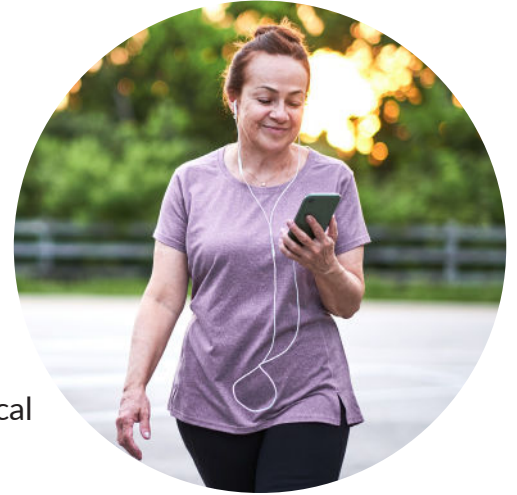




PREDIABETES EDUCATION



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
- + Identify lifestyle choices that can prevent or delay the development of diabetes
- + Identify risk factors for developing prediabetes
- + Set goals for making lifestyle changes
- + Understand continuation of care education

DATES

Second Tuesday of the month,
January 14-December 9, 2025

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. Registration is also available by phone, call 952.856.4099.

SCHEDULE

January 14	Waconia
February 11	Chaska
March 11	Waconia
April 8	Chaska
May 13	Waconia
June 10	Chaska
July 8	Waconia
August 12	Chaska
September 9	Waconia
October 14	Chaska
November 11	Waconia
December 9	Chaska

RIDGEVIEW FACILITATORS

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

