

PEHP

Health & Benefits

PEHP WELLNESS

Online Class



Take Charge

Now is the time to prevent type 2 diabetes

If you have prediabetes, getting type 2 diabetes doesn't have to be a sure thing. This online class teaches concepts that can help you lower your risk of having a heart attack or stroke, improve your health overall, and help you feel more energetic.

Free web-based, 6-week class taught and developed by a PEHP Registered Dietitian. Course topics include:

- » How to get and stay active: Why physical activity matters
- » The role of nutrition in preventing type 2 and how to cook for success
- » Cope with triggers and take charge of your thoughts
- » Heart Health
- » Eat well away from home
- » Stay motivated to prevent type 2

2022 Schedule

April 4 – May 13
Aug. 8 – Sept. 16

[Register here](#)

and receive course material by email. Includes live and recorded webinars!

PEHP Wellness | 801-366-7300 | takecharge@pehp.org