



PRE-DIABETES MELLITUS/DIABETES MELLITUS WORKSHOP

in partnership with UNM College of Nursing.



The workshop will support our community in preventing and controlling diabetes through adopting straightforward, healthy habits.

1. Learn What Pre-Diabetes and Diabetes Are

- Understand what it means to have pre-diabetes or diabetes.
- Recognize common signs and symptoms.
- Know why early awareness matters.

2. Know the Difference Between Pre-Diabetes and Diabetes

- Learn how pre-diabetes can lead to diabetes if not managed.
- Understand how doctors check for these conditions.

3. Discover Simple, Healthy Habits That Can Help

- Explore easy changes in eating, moving, and daily routines.
- Learn how small steps can make a big difference in preventing or managing diabetes.

4. Ask Questions and Get Answers

- Get clear, honest answers to your questions.
- Leave with tips and resources you can use right away.



Wed., Nov. 12



6-7 p.m.



SSTC 200

Sponsored by the Office of African American Affairs.

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