

# 線上糖尿病前期護理班 2022

This is a 2 hour class to help people with high glucose level to prevent or delay the onset of diabetes. It begins with a healthy lifestyle: eating right, exercise more, and knowing the facts. Kaiser Permanente members only.

## Online Cantonese Pre-diabetes Class

**Class to be held online until further notice 課程將在線舉行,直至另行通知**

此講座歷時兩小時，為有高血糖的人士而設。認識何謂糖尿病的前期及如何預防或延遲患上糖尿病。需要從健康的生活方式開始：適當飲食、多運動和對糖尿病有所認識。只限凱薩會員參加

星期二, 1 月 18 日 10am - 12:00pm  
星期二, 3 月 15 日 10am - 12:00pm  
星期二, 5 月 17 日 10am - 12:00pm  
星期二, 7 月 19 日 10am - 12:00pm  
星期二, 9 月 20 日 10am - 12:00pm  
星期二, 11 月 15 日 10am - 12:00pm

