We provide self-management support for our patients and the community through a schedule of programs at the Diabetes Prevention & Education Center (DPEC).

These programs are currently being offered AT NO COST, in both English and Spanish, in the Abrams Building at UAMC--South Campus. Programs take place in our demonstration kitchen, classroom and fitness facility, depending on the topic.

**Sample classes:**
- Diabetes 101
- Healthy eating
- Get started with exercise
- Cooking demonstrations
- Weight loss
- Prevent diabetes

For a complete schedule of DPEC’s available programs, visit UAhealth.com/diabetescenter and click on Sign up for a class.

Sign up by emailing Diabetes@uahealth.com or by calling (520) 874-6477.