

# DIABETES PREVENTION & EDUCATION CENTER

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](http://UAhealth.com/diabetescenter) and click on Sign up for a class.

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



THE UNIVERSITY OF ARIZONA  
MEDICAL CENTER

## DIABETES PREVENTION & EDUCATION CENTER

Inside the Abrams Building at UAMC's South Campus  
3950 S. Country Club, Suite 140