



**GIVE**  
Your Health  
a **BOOST!**

## PREVENTING DIABETES

### *Worksite program*



Diabetes is a chronic and potentially life-threatening condition that impacts almost every body part. The good news is that type-2 diabetes is largely preventable and can be avoided by taking some simple steps.

This 2-hour seminar will present information on reducing the risk factors linked to the onset of diabetes. Come explore some options aimed at helping you make lifestyle changes in areas such as:

- Making healthy nutritional choices
- Increasing physical activity
- Managing stress

### LOCATION

JESD Job Club Room  
1300 East Mt. View  
Barstow

### DATE

10/07/09

### TIME

9:30 to 11:30 am  
1:30 to 3:30 pm

### CLASS ID #

27635  
27636

### TO REGISTER

- Take advantage of the PERC web-based registration system at <http://countyline/perc>, click on "PERC e-Learning" and follow the simple steps to enroll in the class ("All Classes" selection; search word "diabetes"); or
- Call the registration system at (909) 388-4110

This 2-hour wellness class may be attended on County regular time with your supervisor's approval. No Education Assistance Proposal (EAP) is required for this class.

#### FOR MORE INFORMATION

- Visit the My Health Matters! webpage at <http://countyline.sbcounty.gov/hr/benefits/MyHealthMatters/>
- Contact your Department Wellness Advocate, see a directory at [www.sbcounty.gov/hr/Benefits\\_MyHlth.aspx](http://www.sbcounty.gov/hr/Benefits_MyHlth.aspx)
- Email the Employee Benefits and Services Division at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or call us at (909) 387-5787

