



# Know Your Numbers Diabetes Awareness & Prevention Workshop

Tuesday, November 14, 2023

12:30-1:15 p.m.

[On Teams](#)



A Clinical Health Educator will review blood pressure, cholesterol and glucose results from the recent health fairs and discuss what can be done to maintain or improve our overall wellness.

At this 30 minute virtual workshop, you will learn how to help prevent or delay the onset of diabetes and reduce it's complications with lifestyle habits such as eating well and exercising.

We will also share what Kaiser Permanente resources are available to support your overall physical and emotional well-being.

For attending the workshop, you will earn 4 Wellness University credits.

For questions or more information:  
visit [kpwellnessu.org](https://kpwellnessu.org)  
email [Employee-Wellness-SSC@kp.org](mailto:Employee-Wellness-SSC@kp.org), or  
call (916) 525-4820.



 KAISER PERMANENTE.

**live well be well**  
WELLNESS UNIVERSITY