



THE ST. JOSEPH  
DIABETES CENTER  
PRESENTS

***A FREE  
EDUCATION  
OPPORTUNITY***

# **PREDIABETES**

*presented by*

*Courtney Goff, RD, LD*

***Thursday, October 20, 2016***

**Medical Center Conference Room 1**

*2<sup>nd</sup> Floor, beside the Café at St. Joe's*

***10:00 a.m.***

Prediabetes is a condition that can lead to Type 2 Diabetes and heart disease. Learn about prediabetes and the steps to prevent or delay it. Small steps can make a big difference in your health!

***This FREE opportunity is open to the public. We look forward to seeing you!  
For more information, contact the St. Joseph Diabetes Center at: (208) 799-5227***



**ST. JOSEPH**

Diabetes Center

[sjrmc.org](http://sjrmc.org)

*Together in Health.*