



# diabetes UNDONE

— INTERACTIVE WORKSHOP —

**1 in 3** Americans has diabetes or prediabetes.

Join us through this hope-filled course, receive support from friendly lifestyle coaches, as they guide you through this 8-week journey to reverse diabetes and reclaim your health.

## \$85 PARTICIPANT KIT INCLUDES:

- \* Inspiring talks
- \* Expert advice
- \* Group support
- \* Recipes demos
- \* Workbook
- \* Cookbook
- \* 8 Laws of Health DVD
- \* Access to online homework videos



**JOIN US OPENING DAY, OCTOBER 1st at 5:30 PM**



Thursdays, October 1st through November 19th, 2026  
5:30 PM to 7:00 PM.



WEIMAR UNIVERSITY, College Building, Classroom #280  
20601 West Paoli Lane, Weimar, CA 95736



Info: (530) 422- 7911  
Health@weimar.edu