Power Over Diabetes
Date: Thursday February 19th Time: 4:00 – 5:00 pm
Location: Humanities Hall room 230
Or
Date: Thursday February 26th Time: 4:00 – 5:00 pm
Location: Humanities Hall room 230

Health and Flavor in the Kitchen
Date: Friday February 20th Time: 4:00 – 5:00 pm
Location: In front Trader Joe's
Or
Date: Thursday March 12th Time: 4:00 – 5:00 pm
Location: In front Trader Joe's

Everybody Move for Your Health
Date: Monday February 23rd Time: 5:30 – 6:30 pm
Location: ARC Classroom Facility, Meet in the lobby
Or
Date: Wednesday March 4th Time: 12:00 – 1:00 pm
Location: ARC Classroom Facility, Meet in the lobby

Healthy Mind and Healthy Body
Date: Thursday February 26th Time 5:00 – 6:00 pm
Location: UCI Health Education Center Conference Room
Or
Date: Thursday March 5th Time: 4:30 – 5:30 pm Location: UCI Health Education Center Conference Room

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Are you at risk for type 2 diabetes?
NO SLEEP?
NO EXERCISE?
UNHEALTHY DIET?
REDUCE YOUR RISK NOW!

*Attend the Passport to Health Workshops!*  
- Total of 4 workshops (1 hour each)  
- Pre and Post surveys will be given  
- Done for research purposes only

**ALL PARTICIPANTS WILL RECEIVE AN INCENTIVE AT EACH WORKSHOP!**

If you have any questions/interested in participating please contact:
Lead Researcher, Kristen Goh: gohk@uci.edu