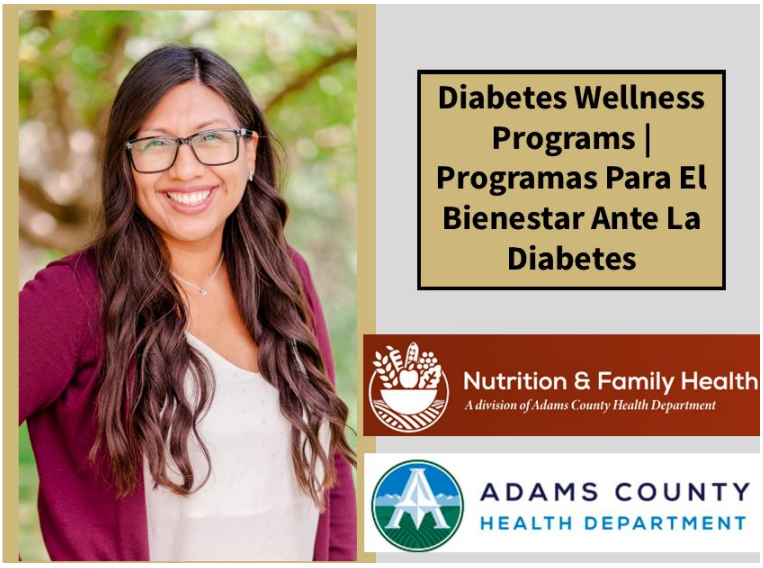
DFM-C3E-MM Follow-up + Resources Menu:

- ACHD Diabetes Education Programs Resources and Recording
  - ACHD Diabetes Education Program info and links
  - Speaker bio
  - Flyers
- Community Events, Resources and Opportunities
  - Group Share
  - Book and Podcast Recommendations
- C3E Contact info

ACHD Diabetes Education Programs Resources and Recording

For those who could not attend the July 2026 Department of Family Medicine's Community Engagement Program Monthly Meeting (**DFM-C3E-MM**) with Maritza from ACHD **Diabetes Education Programs**, you can access the recording, slides and resources at our links below. We also want to thank Maritza and Keri from ACHC for joining us and sharing insights into these fantastic programs.



- Watch the **Video** presentation recording from the Arapahoe County Health Department on their Free **Diabetes Education Programs** online.
- Check out the presentation **Slides** online or download the PDF
- View Meeting **Follow-up Resources** online (this document)
- View **CU Events posting** online: for original announcement and bio details

ACHD Diabetes Education Program Info and Links:

- **Presenter**: Maritza Orozco-Reyes is a Registered Dietitian Nutritionist (RDN) and Certified Diabetes Care and Education Specialist (CDCES)
- **Contact:** diabeteseducation@adamscountyco.gov or call 720.266.2971 | Fax: 720-550-5579
- **Website:** Details and more information
- **Referral link:** https://survey123.arcgis.com/share/ccaf0827dd7e4f32a4a54ff99efa7d4d?width=1000 or on the right of the webpage: https://adamscountyhealthdepartment.org/programs-services/diabetes-heart-health/
- **Program Sign ups:**
    - National Diabetes Prevention Program (NDPP) program
        - Journey to Wellness: Diabetes Prevention Sign-Up
    - Diabetes Self-Management Education and Support (DSMES) Program
        - Diabetes Self-Empowerment Sign-Up
- **Flyers:** see images below
- **Some partner locations include:** Center for African American Health, Broomfield Senior Center, please contact for more locations or interests in partnering

Other useful links:

- **TEST for High risk for developing type 2 diabetes**: https://www.cdc.gov/prediabetes/risktest/
- **DSMES & JTW programs are available across Colorado**, including in rural areas.
    - https://www.adces.org/diabetes-education-dsmes
    - https://diabetes.org/tools-resources/diabetes-education-programs
    - https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html

Additional Resources:

- **Vuela for Health**: Diabetes Prevention and Management, blood pressure monitoring and heart health, and other resources for Spanish speaking community
- **YMCA of Metro Denver**: Diabetes education programs, blood pressure monitoring, and Health Coaching programs
- NW Colorado Health(Rout Moffat and Grand County)
- CSU has a short helpful video on how to read food labels

Speaker Bio:

Maritza Orozco-Reyes (she/her/ella), RDN, **Certified Diabetes Care & Education Specialist**, Adams County Health Department
Maritza is a Registered Dietitian Nutritionist (RDN) and Certified Diabetes Care and Education Specialist (CDCES) based in Colorado. She specializes in diabetes prevention, diabetes management, and practical nutrition education that supports long-term lifestyle change. She focuses on translating evidence-based nutrition recommendations into realistic strategies that people can apply in their everyday lives.
As a bilingual educator fluent in both English and Spanish, Maritza is passionate about improving access to culturally relevant nutrition and diabetes education for diverse communities. Her work emphasizes empowerment, behavior change, and helping individuals build confidence in managing their health.

Community Events, Resources and Opportunities

Events and Opportunities

- **8/19/2026** 9am-5pm, **FindHelp Social Care Summit.** This event brings together healthcare organizations, community-based providers, government agencies, technology partners, and others to explore the future of connected care in our region. Location: the Conference Center at RidgeGate, Lone Tree, CO. Register
- Intercambio.org offers low-cost virtual **Citizenship classes** and **Adult English classes** to anyone in the US, as well as one-on one teaching. Additionally, they have options for in-person Adult English classes in Boulder and Longmont. Learn more at https://intercambio.org/english-classes-for-adults/ Online@intercambio.org (720) 383-4545
- Free and low-cost **Mental Health First Aid classes** offered across Colorado for adults, youth and teens. Learn more about locations and schedules here: https://www.mhfaco.org/
- **9/12/2026** 10-2pm FJNWA **Food Justice Festival**. Learn more and RSVP for the event today.

Resources:

- Check out Colorado **Disability Pride Month** activities list and learn about disability history by reviewing these disability education resources.

Group Share:

- **8/8/2026**, 11am-3:30pm **Montbello Back to School Back to School Health and Wellness Fair & Backpack Giveaway** (*see flyer below*). Lincoln Tech Denver Campus, 11194 E 45th Ave, Denver, CO 80239. Free Tabling opportunity – you can RSVP at Eventbrite
- **JEDI Newsletter** and Spotlight Article Listserv: DFM.JEDI@cuanschutz.edu

Book and Podcast Recommendations

- Ologies, with Alie Ward - a science podcast
- How I Built This with Guy Raz - podcast
- Good Hang, with Amu Poehler – podcast

- Conan O'Brien Needs a Friend – podcast
- There, There by Tommy Orange – book
- Remarkably Bright Creatures – book
- Matrescence by Lucy Jones- book
- Theo of Golden- book
- Nightingale – book
- The Body by Bill Bryson – book
- Yesteryear – book

C3E Contact Info

- **Join our listserv**. Email DFM.CommunityEngagement@cuanschutz.edu
- **View our upcoming calendar** and our past presenter recordings on our website
- **Suggestion** for a future presenter or topic? Add it to our Suggestion Box
- Looking for **volunteer opportunities**? Email us.

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University of Colorado Anschutz
Department of Family Medicine
Community-Centered Clinical Excellence (C3E)
Email**:** DFM.CommunityEngagement@CUanschutz.edu

Diabetes Program Flyers

DIABETES WELLNESS PROGRAMS

Your healthier life starts here! The Adams County Health Department offers classes to support and guide people living with diabetes and anyone on their health journey.



JOURNEY TO WELLNESS: A DIABETES PREVENTION PROGRAM

Learn To

- Make healthy eating easy and tasty
- Find your motivation to thrive
- Manage stress
- Lose weight

DIABETES SELF EMPOWERMENT PROGRAM

Learn To

- Reach your blood sugar goal
- Save money on healthcare
- Manage diabetes symptoms
- Have more energy

ADAMS COUNTY HEALTH DEPARTMENT
Together for a Healthier Adams County

Nutrition & Family Health
A division of Adams County Health Department

For more information or to find a class to meet your needs, call, email, or scan the QR code.

720.266.2971

diabeteseducation@adamscountyco.gov

Class Schedule – Summer - Fall 2026

Journey to Wellness

Virtual

Wednesdays, starting August 26
5:30 – 6:30 p.m.

Thursdays, starting September 3
6 – 7 p.m.

In-Person

Tuesdays, starting September 8
Hyland Hills Sports Center
4201 W 94th Ave, Westminster
10 – 11 am

Thursdays, starting September 10
Northglenn Recreation Center
1 E Memorial Pkwy, Northglenn
10 – 11 am

Fridays, starting September 18
Thornton Active Adult Center
11181 Colorado Blvd, Thornton
10:30 – 11:30 am

Camino Al Bienestar

Virtuales

Martes a partir del 11 de Augusto
6 - 7 p.m.

En Persona
Próximas clases nuevas

Diabetes Self-Empowerment

Virtual

Tuesdays, starting August 18
4 - 5 p.m.

In-Person

Community Table
4600 W 60th Ave, Arvada
Wednesdays, starting May 6
12 – 2 p.m.

Hyland Hills Sports Center
4201 W 94th Ave, Westminster
Thursdays, starting September 3
10 a.m. – 12 p.m.

Programa de Fortalecimiento Personal para la Diabetes

Virtuales

Miércoles a partir del 5 de Mayo
6 – 7 p.m.

Martes a partir del 4 de Augusto
6 - 7 p.m.

Martes a partir del 1 de Septiembre
12 - 1 p.m.

En Persona
Próximas clases nuevas

To Register or for Questions
Call: 720.266.2971
Email: DiabetesEducation@adamscountyco.gov
Visit: https://adamscountyhealthdepartment.org/programs-services/diabetes-heart-health/

PROGRAMAS PARA EL BIENESTAR ANTE LA DIABETES

¡Una vida más saludable comienza aquí! El Departamento de Salud del Condado de Adams ofrece clases para apoyar y orientar a las personas que tienen diabetes o a cualquier persona que busque mejorar su salud.



EL CAMINO HACIA EL BIENESTAR: PROGRAMA DE PREVENCIÓN DE LA DIABETES

Aprende a:

- Elegir alimentos saludables, deliciosos y fáciles de preparar
- Buscar tu motivación para sentirte mejor
- Manejar el estrés
- Bajar de peso

PROGRAMA DE FORTALECIMIENTO PERSONAL PARA LA DIABETES

Aprende a:

- Alcanzar tu meta de azúcar en sangre
- Ahorrar dinero en la atención médica
- Controlar los síntomas de la diabetes
- Tener más energía

ADAMS COUNTY HEALTH DEPARTMENT
Together for a Healthier Adams County

Nutrition & Family Health
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Para obtener más información o para buscar una clase que se adapte a tus necesidades, llámanos, envíanos un correo electrónico o escanea el código QR.

720.266.2971

diabeteseducation@adamscountyco.gov

Horario de Clases- Verano – Otoño 2026

Camino Al Bienestar

Virtuales

Martes a partir del 11 de Augusto
6 - 7 p.m.

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Para registrarse o para preguntas
Llame 720.266.2971
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Visita: https://adamscountyhealthdepartment.org/programs-services/diabetes-heart-health/

Montbello Back to School Health Fair Event Flyers

