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/