



# Give yourself a healthy boost

## Take a convenient online class

### The Keys to Preventing Diabetes

**Date:** Thursday, November 06, 2025 | **Time:** 12:00 PM - 1:00 PM

**Join via computer or mobile device at:**

<https://event.on24.com/wcc/r/5057842/F69438B1AFB0DB7A7BCC371CF092DACC>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

**Description :** Discover the five keys to preventing diabetes : eating healthy, getting active, quitting tobacco, managing stress, and sleeping well.

For questions, contact: [employeeewellness@fultoncountygga.gov](mailto:employeeewellness@fultoncountygga.gov)

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