



ADAMS COUNTY  
HEALTH DEPARTMENT

Your Health. Our Mission.

# Diabetes Wellness Programs

Whether you're seeking to live a healthier life or learning to manage diabetes, the Adams County Health Department has options for you! Each program offers support and guidance on your journey.



## JOURNEY TO WELLNESS: A DIABETES PREVENTION PROGRAM

*Learn to:*



Make healthy eating easy and tasty



Lose weight



Manage stress



Find your motivation to thrive

## DIABETES SELF-EMPOWERMENT PROGRAM

*Learn to:*



Reach your blood sugar goal



Save money on health care



Manage diabetes symptoms



Have more energy

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

720.266.2971 | [diabeteseducation@adcogov.org](mailto:diabeteseducation@adcogov.org)



# Class Schedule – Winter 2026

## Journey to Wellness

### Virtual

Wednesdays, starting January 7  
6:30 – 7:30 p.m.

Wednesdays, starting January 14  
12 – 1 p.m.

Tuesdays, starting January 20  
6 – 7 p.m.

Tuesdays, starting February 10  
5:30 – 6:30 p.m.

### In-Person

Adams County Government Center  
4430 S Adams Pkwy, Brighton  
Tuesdays, starting January 20  
12 – 1 p.m.

Adams County Human Services Center  
11860 N Pecos St, Westminster  
Thursdays, starting January 22  
12 - 1 p.m.

## Camino Al Bienestar

### Virtuales

Martes a partir del 13 de Enero  
10 - 11 a.m.

Lunes a partir del 26 de Enero  
5 - 6 p.m.

## Diabetes Self-Empowerment

### Virtual

Tuesdays, starting January 6  
6:30 – 7:30 p.m.

Wednesdays, starting January 7  
12 – 1 p.m.

### In-Person

Commerce City Community Wellness  
7190 Colorado Blvd, Commerce City  
Mondays, starting January 12  
10 a.m. – 12 p.m.

## Programa de Fortalecimiento Personal para la Diabetes

### Virtuales

Miércoles a partir del 7 de Enero  
6 – 7 p.m.

### En Persona

Commerce City Community Wellness  
7190 Colorado Blvd, Commerce City  
Martes a partir del 27 de Enero  
4 - 6 p.m.

To Register or for Questions

Call: 720.266.2971

Email: [DiabetesEducation@adamscountyco.gov](mailto:DiabetesEducation@adamscountyco.gov)

Visit: <https://adamscountyhealthdepartment.org/programs-services/diabetes-heart-health/>