



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



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.

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

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