

# W O W

# Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and  
Waunakee Lions Club

## “Preventing Type 2 Diabetes”

**Presenter:** Heather Walker, R.Ph. - Hometown Pharmacy

Heather is a native Wisconsinite who received a B.S. from Drake University, School of Pharmacy in December 1994. She has practiced in various community and independent pharmacies across the country for more than twenty years. Heather also has experience with long term care pharmacy, serving assisted living facilities and nursing homes. She is especially passionate about helping people achieve their health and wellness goals through promotion of healthy lifestyles and appropriate use of medication and supplements.



### Presentation Overview

Approximately 9% of the population (nearly 30 million Americans) currently have Type 2 Diabetes (T2DM). The CDC projects that number will increase to 33% by 2050 if current trends continue. Making permanent lifestyle changes has shown the ability to reduce the risk of developing T2DM better than prescription medication. This presentation will discuss what T2DM is, the difference between T2DM and prediabetes, risk factors for developing T2DM, and most importantly how not to become a statistic.

#### Contact Info:

Travis Steuber  
Village of Waunakee  
Program Coordinator  
333 S. Madison Street  
Waunakee, WI 53597  
(608) 850-5992  
tsteuber@waunakee.com

**Date: Wednesday, November 13, 2019**

**Time: 7:00 - 8:00 pm**

**Location: Waunakee Village Center**

**Free Event**

