

The Ben & Catherine Ivy Foundation Center for Family Wellness

We offer a variety of programs and services led by
qualified health professionals



Prevent T2

Delay or prevent the onset of
Type 2 Diabetes



Diabetes Self-Management

Learn to manage your Diabetes



Every Little Step Counts

Take steps towards a healthy
lifestyle as a family

For more information about our programs and how to register, call

623-850-1143



Scan QR code for more resources



The Ben & Catherine Ivy Foundation Center for Family Wellness

Ofrecemos una variedad de programas y servicios conducidas por
profesionistas de salud calificados



Prevenga T2

Retrase o prevenga la
Diabetes Tipo 2



Diabetes Self-Management

Aprenda estrategias efectivas para
manejar la diabetes



Every Little Step Counts

Tome pasos hacia un estilo de
vida saludable en familia

Para más información acerca de los programas y como registrarse, llame

623-850-1143



Escanee el código QR para obtener más recursos

