

FREE LUNCH!!!!

GOT YOUR ATTENTION?

DIABETES EDUCATION PROGRAM

Stomping Out Diabetes at OHI:YO'!

WHEN? STARTS Wed April 13, 2016

WHERE? LRJHC Diabetes Wellness Room

TIME? 1 to 4 PM (Lunch provided)

RESERVE YOUR SEAT TODAY!

Call Kelli Vanini @ 945-5894, ext. 3293

All persons diagnosed with diabetes should attend this educational opportunity, especially if you answer “**NO**” to any of the following questions—Do you know what your daily blood sugar goals are? Why you have a blood sugar goal? What is your HGA1C goal and how to achieve it? What you can do to prevent complications related to diabetes? Who is **your** diabetes “care team”? What **you** can do to help control your blood sugar?

Let our team teach you the skills and facts you need to keep yourself healthy, feel good and earn incentives! Share the knowledge, bring a friend!

You can Stomp Out Diabetes in Ohi:yo'!

