

DIABETES EMPOWERMENT EDUCATIONAL PROGRAM



Are you pre-diabetic, type 1, type 2 or gestational?

Topics include:

- Understanding the human body
- Learn the risk factors and monitor your body
- Importance of physical activity
- Health management through nutrition
- Identify and delay/prevent complications
- Medication and utilizing your medical team
- Stress and coping skills



Program details:

Hands on activities • Group support • Multiple locations
Morning, afternoon and evening class times
English and Spanish • Weekly classes, 2 hours each
Proven to reduce your A1C results

To register, call the Diabetes Hotline # at

941-753-7044

Hablamos Español

Patients and their support person
are welcome to attend.



MCRHS.ORG

