



DIABETES SELF-MANAGEMENT TRAINING

HAVE YOU BEEN DIAGNOSED WITH DIABETES?

During this training, learn important life-changing skills to manage your diabetes and reduce your risk of serious complications associated with diabetes.

If you can control your diabetes, you *can* live a normal life. Our expert team of highly skilled dietitians are ready to help. Healthy nutrition is key in diabetes management and it doesn't have to be complicated. We will customize a plan for you and you won't have to completely eliminate all your favorite foods.

Individual and group classes are available. Most insurances will cover the cost of training 100%. Check with your specific insurance carrier.

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HealthSystem
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» **SCHEDULE YOUR TRAINING TODAY:** Call 877-CENTEGRA (236-8347).

