



# Navigating DIABETES

Do you want to:

- ▶ Improve your blood sugar and A1c levels?
- ▶ Keep your blood pressure on target?
- ▶ Better manage your cholesterol numbers?
- ▶ Lose weight?

Then Diabetes Education can help!

Diabetes education will help you learn how to manage your diabetes and be as healthy as possible by focusing on seven self-care behaviors: **Healthy eating, being active, monitoring and taking medication, problem solving, healthy coping and reducing risks.**

The best times for diabetes education are:

1. When you're diagnosed with diabetes
2. As part of your annual assessment of education, nutrition or emotional issues
3. When new complications arise
4. During changes in your healthcare team or treatment

## Diabetes Education Works.

Studies show that diabetes education helps people lower their blood sugar, blood pressure and cholesterol levels. These things help you stay healthier and reduce the risk of diabetes complications.

\*Some insurances will cover the program if there is a Type II Diabetes Diagnosis.

**8 WEEK PROGRAM**  
**FEB. 8TH - MAR. 29TH**

**12:00PM - 1:00PM**  
**(Light Lunch Included)**

**Call (402) 759-3167 to verify coverage & sign up!**

Brought to you by:

**Miki Loos, RD, LMNT**  
REGISTERED DIETITIAN

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