

# 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**

