



WORKSHOP

Learn 7 healthy steps for **Managing Type 2 Diabetes**

An educational opportunity offering valuable information in an interactive setting led by diabetes professionals.

Includes free glucose meter.

Classes include information on seven healthy steps for managing diabetes.

- 1. Healthy eating**
- 2. Being active**
- 3. Monitoring**
- 4. Problem solving**
- 5. Healthy coping**
- 6. Reducing risks**
- 7. Taking medications**

COST

Physician referral required.
Your insurance will be billed.

TO REGISTER

Call: **402.559.8700**

LOCATION

Diabetes and Endocrinology Center

Conference Room, Level one

The Diabetes and Endocrinology Center is located in the Specialty Services Pavilion just east of the Durham Outpatient Center.

