

Diabetes Education Presentation Learn to Manage and Control Diabetes

DO YOU WANT TO

- ✓ *Eat Healthier?*
- ✓ *Live Longer?*
- ✓ *Act Smarter?*

*Then Diabetes
Education Is Your Road
to Good Health!*

This will be a presentation that covers the basics of Diabetes & the tools to help manage this disease

Topics:

- Introduction to Diabetes
- Preventing Diabetes Complications.
- Monitoring Blood Glucose
- Steps of Insulin Administration
- Oral Medications
- Meal Planning
- Healthy Eating
- Physical Activity
- Tips and Recommendations

**Limited
Space
Available**



- **Dates:**
3rd Wednesday of every month
- **Time:**
3:00 - 4:30PM
- **Location:**
Montclair Hospital Medical center
Main Conference Room
- **Instructor:**
MHMC
- **Registration:**
Call Frances
909-625-8127