Learn seven healthy steps for **MANAGING TYPE 2 DIABETES**

This is a comprehensive class designed for anyone newly diagnosed with Type 2 diabetes. The class also serves as a great refresher course for persons with existing Type 2 diabetes.

Includes free glucose meter.

Classes include information on seven healthy steps for managing diabetes.

CLASS SCHEDULE

Classes are offered on **Wednesdays** at various times and locations. Please inquire when registering.

COST

Your insurance will be billed.

TO REGISTER

Phone:

402.559.8700















