

Learn How to Better Manage Your Diabetes



Is diabetes controlling your life? Information can help you gain control. Get in-depth information on these important issues:

Food - Nothing should be off limits. Learn how to eat anything.

Blood Sugar Number - What should it be and what does it mean?

Medicines - How do they work and why do I need more than one? Or why am I not taking any at all?

Activity - What does activity have to do with my blood sugar?

Sign up for this comprehensive two-session class and learn the answers to these and many more common questions.

This two-part class series costs \$312. Most insurance plans cover this cost.

2019

Diabetes Management Classes

FOOTHILLS HOSPITAL

Leo Hill Conference Rooms
4747 Arapahoe Avenue, Boulder, CO

| | |
|---------------|----------------|
| Jan. 8 & 15 | 5 to 8 p.m. |
| Feb. 8 & 13 | 9 a.m. to noon |
| March 6 & 13 | 5 to 8 p.m. |
| April 19 & 26 | 9 a.m. to noon |
| May 8 & 15 | 5 to 8 p.m. |
| June 5 & 19 | 9 a.m. to noon |
| July 9 & 16 | 5 to 8 p.m. |
| Aug. 7 & 14 | 9 a.m. to noon |
| Sept. 3 & 10 | 5 to 8 p.m. |
| Nov. 6 & 13 | 9 a.m. to noon |
| Dec. 3 & 10 | 5 to 8 p.m. |

**Seating is limited. Registration required.
Call 303-415-7853.**

