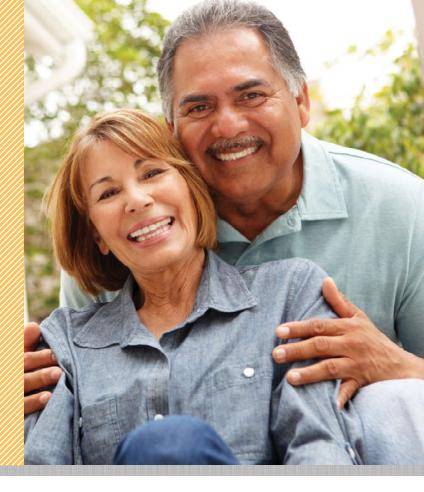
Learn How to Better Manage Your Diabetes



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.

2023

Diabetes Management Classes

FOOTHILLS HOSPITAL

Leo Hill B Conference Room 4747 Arapahoe Avenue, Boulder, CO

January 4th & 9th 9 a.m. to noon February 8th & 15th March 6th & 13th 5 p.m. to 8 p.m. 9 a.m. to noon April 5th & 12th 5 p.m. to 8 p.m. May 1st & 8th 9 a.m. to noon June 7th & 14th 5 p.m. to 8 p.m. July 10th & 17th 9 a.m. to noon August 21st & 28th 5 p.m. to 8 p.m. September 6th & 11th 9 a.m. to noon October 4th & 11th 5 p.m. to 8 p.m. November 6th & 13th 9 a.m. to noon December 6th & 13th 5 p.m. to 8 p.m.

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



