

DIABETES CARE CLINIC
Memorial Hospital and Health Care Center

21 Any St., Any Town, Any State
www.diabetescareclinic-mh.com Phone: 123-456-7890

LEARN HOW TO CARE FOR YOUR DIABETES WITH OUR
D.I.A.B.E.T.E.S. L.I.F.E.S.A.V.E.R.S. Program



DIABETES EDUCATION PROGRAM TOPICS



D	I	A	B	E	T	E	S
Do Monitor Your Blood Glucose (BG) Regularly	Involve Family and Friends	Acquire Ongoing Support	Bring BG Values to Healthcare Visits	Exercise Regularly	Take Medication as Prescribed	Ease into Behavior Changes Slowly	See a Diabetes Educator Regularly

L	I	F	E	S	A	V	E	R	S	+ ?
Lose Excess Weight	Identify Healthy Coping Strategies	Fix Your Problems	Eat Healthy	Sleep Well Every Night	Acquire Sick Day & Travel Kit	Visit Your Doctor Regularly	Enjoy Rewards for All You Do	Reduce Risks of Complications	Set SMART Goals	Topics and Questions of YOUR Choice

6 Visit Program (Group and Individual, Day and Evening Times) Scheduled Multiple Times Through the Year.

Just Call to Inquire or Register for a Program. You'll Be Glad You Did!