



TAKE CONTROL OF YOUR HEALTH: DIABETES

Do You Have Diabetes or Prediabetes?

FREE Six-week Class
Starting Wednesday, June 14, 1 to 3 P.M.

We can teach you how to better manage your Diabetes. This is a FREE six-week evidence-based program developed by Stanford University. You will learn more information regarding:

- How Diabetes affects your body
- Techniques to deal with anxiety and stress
- Guidelines for healthy eating
- How to plan menus
- Appropriate exercise to best control your blood sugar
- Appropriate use and management of medications
- The importance of monitoring your blood sugar

Get the support and tools you need to help you with this disease and help you prevent complications. Each participant will receive a FREE reference book, *Living a Healthy Life with Chronic Conditions*.

To find out more information, [click here](#) or visit HackensackMeridianHealth.org or call 1-800-560-9990.



Hackensack
Meridian Health

KEEP GETTING BETTER