



Diabetes.

Making the journey together.

Do you recall how you felt when you were first diagnosed with diabetes? Afraid? Uncertain? Alone? With so many questions about treatment and medication, it's easy to get confused.

We know how important it is to have a diabetes resource that can help you separate fact from fiction. As a **Diabetes Specialized Care Center**, our experienced pharmacy staff is trained to educate and empower you to take control of your diabetes.

Attend one of our upcoming educational sessions

Ask your pharmacist how to sign up

Our **Diabetes Specialized Care Center** program offers a series of small-group educational sessions, utilizing *Conversation Map*® learning tools that are designed to help you better understand and manage your diabetes. The sessions cover the following topics:



MANAGING DIABETES AND MEDICATION

Examine some common myths and facts about diabetes and understand the different types of medication available. We will also talk about managing your blood glucose levels through healthier eating and exercise.

Date/Time:

Location:



MONITORING YOUR DIABETES

Learn about monitoring your glucose, blood pressure, and cholesterol levels. We will also discuss the best ways to track your numbers and how to create a plan of action based on those results.

Date/Time:

Location:



BENEFITS OF HEALTHY EATING

Gain a better understanding of how food impacts your diabetes. We will also explore practical strategies for eating healthy and staying active.

Date/Time:

Location:

Access Our Online Coaching Tool

In addition to the group sessions, you also have access to our web-based personal coaching program. *My Digital Health Coach*™ was designed to help you build an individualized action plan to take more control over your diabetes. Set specific goals and map your course toward a healthier lifestyle. *My Digital Health Coach*™ can help you stay on target.

Making the Journey Together

Life with diabetes can be a challenging journey, but you don't have to make it alone. Ask your **Diabetes Specialized Care Center** pharmacist how to sign up today and take control of your diabetes.

