

DIABETES EDUCATION

JOIN US FOR THIS 4-PART PROGRAM

at Littleton Regional Healthcare

CHOOSE ONE DAY PER SESSION...



SESSION I
MARCH 7th • 9:30–Noon
MARCH 14th • 1–3:30pm
MARCH 21st • 5:30–8pm

SESSION II
APRIL 4th • 9:30–Noon
APRIL 11th • 1–3:30pm
APRIL 18th • 5:30–8pm

SESSION III
MAY 2nd • 9:30–Noon
MAY 9th • 1–3:30pm
MAY 16th • 5:30–8pm

SESSION IV
JUNE 6th • 9:30–Noon
JUNE 13th • 1–3:30pm
JUNE 20th • 5:30–8pm

Looking for information on the basics for managing your Diabetes? LRH is offering a ten-hour program—split into four, two-and-a-half hour sessions. The four sessions are scheduled for the following dates and times, and include the following important topics:

➤ **SESSION I: Introduction to Diabetes and Healthy Eating** (ONLY ATTEND ONE)

3/7 9:30–Noon, Board Room Conference Room

3/14 1–3:30pm, Conference Room 1 & 2

3/21 5:30–8pm, Conference Room 1 & 2

➤ **SESSION II: Being Active and Healthy Coping** (ONLY ATTEND ONE)

4/4 9:30–Noon, Board Room Conference Room

4/11 1–3:30pm, Conference Room 1 & 2

4/18 5:30–8pm, Conference Room 1 & 2

➤ **SESSION III: Taking Medication and Monitoring** (ONLY ATTEND ONE)

5/2 9:30–Noon, Board Room Conference Room

5/9 1–3:30pm, Conference Room 1 & 2

5/16 5:30–8pm, Conference Room 1 & 2

➤ **SESSION IV: Reducing Risks and Problem Solving** (ONLY ATTEND ONE)

6/6 9:30–Noon, Board Room Conference Room

6/13 1–3:30pm, Conference Room 1 & 2

6/20 5:30–8pm, Conference Room 1 & 2

➔ HOW DO I SIGN UP FOR THE PROGRAM?

You'll need an order from your physician to attend these sessions. **Space is limited: please call Lucy Gordon, CDE at (603) 444-9323 for program details. You must pre-register and schedule a pre-session appointment.**



LITTLETON
REGIONAL HEALTHCARE

Where good health begins.