

## Successful Living with Diabetes Type 2 & You, What You Can Do

### Is This You?

Newly diagnosed with type 2 diabetes?

Diagnosed with type 2 diabetes “years ago” and you want an update, or you’ve never taken a comprehensive course on diabetes?



Sign up for our *Successful Living with Diabetes* program today to learn more about living a long, healthy and happy life with type 2 diabetes.

During this comprehensive 9 hour program (3 or 4 ½ hours each session) you will learn about carbohydrate counting and healthy eating, the best type of physical activity for diabetes, how to use the results from blood sugar testing to reduce your risk of diabetes complications, and how diabetes medications work. Additionally, you will receive support in making lifestyle changes that will improve your blood sugar and your health.

*The Harold Schnitzer Diabetes Health Center Successful Living with Diabetes Program* has been recognized by the American Diabetes Association for Quality Self-Management Education and is taught by a team of Certified Diabetes Educators.

**This program is covered by most insurance plans. To register for an upcoming program, please call 503.494.3273.**

**For a calendar of upcoming programs, please see the opposite side of this flyer.**



# Type 2 & You, What You Can Do 2011 Programs

## Program Dates

### Thursdays 9:00 AM – 2:00 PM

Month	Dates
January	6, 13
March	3, 10
May	5, 12
September	1, 8
November	3, 10

### Thursdays 4:30 - 7:30 PM

Month	Dates
February	3, 10, 17
December	1, 8, 15

### Tuesdays 9:00 AM – 2:00 PM

Month	Dates
July	12, 19

### Mondays 4:30 - 7:30 PM

Month	Dates
April	4, 11, 18
June	6, 13, 20
August	1, 8, 15
October	3, 10, 17