

Diabetes BASICS

The Native American Community Clinic is offering classes to
TAKE CHARGE OF YOUR DIABETES

Diabetes BASICS is a series of FIVE classes. Each class tackles a different topic related to diabetes. Classes are taught by the Certified Diabetes Educator, the Community Health Educator, and the Dietitian.

Come to classes to learn...

WHAT IS DIABETES
WHAT ARE YOUR RISK FACTORS
HEALTHY FOOD PLANS
BENEFITS OF EXERCISE
WAYS TO MANAGE YOUR DIABETES
HOW TO HAVE A HEALTHY LIFETIME
AND MORE!

Classes are offered
EVERY THURSDAY
5:00 PM—6:00 PM

Classes are held at the Native American Community Clinic

A certificate of completion and a \$20 Cub gift card are available after the you attend all five classes.



For more information about the class:

contact Shannon at 612-872-8086 x112