

Here's what some of the attendees said . . .

"This seminar was very informative and well organized. I learned so much about diabetes, I am more in control of it now. Thank you!" - CW

"You did well. I used to think that I was well educated about diabetes, but after the seminar I have learned a few more things. . .so thanks for that." - TA

"What a great seminar! Through this seminar I learned about how to manage my meals through carb counting as well as taking and understanding my sugar levels. Very engaging speakers with great resources. The food guide is a constant fixture in my kitchen counter. Through this seminar I received the support necessary to take charge of my diabetes." - DG

"These workshops were excellent! Very informative. People were very friendly and welcoming!" - MRV

American Diabetic Association offers many resources online. For more information, please visit the American Diabetic Association website at

www.diabetes.org

for more information, meal ideas, and much more!

You can also call them at
1-800-DIABETES
(800-342-2383)

www.rpadocors.com

"Live Well" with Diabetes

"Proven to be Invaluable!"



Learn How to Achieve Success!

This **FREE** seminar is sponsored by



Learn & Earn!

Free give-aways, free food, and raffle prizes.

Hundreds of dollars of prizes are given away at each seminar!

DON'T MISS THIS OPPORTUNITY!

Bring a family member/friend and learn:



- Ways to successfully manage your diabetes
- How and when to test your blood sugar
- Appropriate goals for blood sugar, Hba1c, lipids, and blood pressure
- How to obtain and use glucometers (which are available through your health insurance)
- Diet and meal planning as well as tips for dining out
- Information on hyperglycemia and hypoglycemia: symptoms, prevention and treatment
- How to create and obtain your goals
- Sick day management and how stress can be a risk factor

And MUCH more!

“Live Well” with Diabetes

This educational event is a 2.5 hour seminar on Saturday.

WHEN

March 3, 2018
10:00 a.m. - 12:30 p.m.

WHERE

St. Demetrios Church
2727 W. Winona Street
Chicago, IL 60625

Sign up now!

Seating is limited, please call ASAP to secure your spot!

CALL

773-527-5217

Or you can e-mail

epina@msogl.com

**Everyone receives
a FREE glucometer!**

Information regarding glucometers and insulin will be provided. Insulin administration will also be addressed.



REGISTRATION DEADLINE

February 23, 2018

This seminar is FREE!