

Get Smart About **DIABETES**

Confluence Health offers Diabetes Classes in:

- Wenatchee
- Moses Lake
- Omak

**This is a four-week class meeting
once a week for *four weeks*.**

The class objectives will help you understand the following:

- Basic facts associated with diabetes
- Relationship between diabetes and healthy eating
- Relationship between diabetes and exercise
- Benefit of blood sugar monitoring
- The natural course of diabetes
- The different medications used to manage diabetes

**For more information or to register, please
call: 509.433.3327 and choose *option 2***

Class size is limited

**Diabetes education is a covered benefit
by most insurance plans and is
effective in reducing A1c.**

***REF20 needed from physician.**

