

People who attended found this seminar so valuable, we're offering it again!

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

"This is very informative - learn about watching and reading food labels / counting carbs when shopping for food." - CA

"These workshops were excellent! Very informative. People were very friendly and welcoming! Tracy called every week to remind me of the workshop!" - MRV

"You did good. I feel good about coming here." - JH

"You did a great job! I learned a lot. Many of the free gifts given were very helpful. - SR

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)

"Live Well" with Diabetes

"Proven
to be
Invaluable!"



Learn How to Achieve Success!

This **FREE** seminar is sponsored by



Learn & Earn!

Each session includes free give-aways,
free food, and raffle prizes.

Hundreds of dollars 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!

We are offering a full seminar for beginners and a short review for those who have already attended the full session.

Live Well With Diabetes

This educational event is a six hour seminar that is divided into three parts on three consecutive Saturdays.

WHEN

March 7th, 14th, & 21st
10:30 a.m.

WHERE

Montrose Church Community Center
4411 North Melvina Avenue
Chicago, IL 60630
(Enter through the parking lot door)

Part 1 March 7th 10:30 a.m. - 12:30 p.m.
Part 2 March 14th 10:30 a.m. - 12:30 p.m.
Part 3 March 21st 10:30 a.m. - 12:30 p.m.

Treatment Plan Review

The review will be on March 21st ONLY from 1:00 p.m. - 3:00 p.m.

This review is offered to members who have already attended the full session.

Sign up now!

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

You can call

773-527-5212

Or you can e-mail

tweiler@msogl.com

Information regarding glucometers and insulin will be provided by a Bayer representative. Insulin administration will also be addressed.



Deadline for registration is February 27, 2015.

This seminar is FREE!