



**PRAIRIE MOUNTAIN HEALTH**  
Chronic Disease Education Program

## **Living with Diabetes**

**Tuesday, September 25**

**1:00-3:00 p.m.**

**Swan River Community Health Services**

### **Topics include:**

- What diabetes is and some of the most common myths about diabetes
- How you feel about having diabetes
- The importance of knowing your targets for blood glucose, blood fats, blood pressure, and waist circumference
- Dealing with high blood glucose levels and the importance of testing your blood glucose levels
- Managing diabetes by eating well, keeping active, and medication

Visit [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)

Follow us on social media:



**@PrairieMtHealth**

## **SWAN RIVER Diabetes Education Class**

**Anyone who  
wants to learn  
more about  
diabetes is  
welcome to  
attend!**

**FREE!  
Registration  
required.  
1-877-509-7852**