



Are you hitting the target for your blood sugars?

FREE Education Classes Available

Nutrition Basics

Join the UnityPoint Health dietitians for a lesson about healthy eating and diabetes! We have important information for people with diabetes and for people who are pre-diabetic!

**SERIES OF CLASSES WITH
NEW TOPICS EACH WEEK!**

Diabetes 101

Join the UnityPoint Health certified diabetic educators to learn more about:

- What is diabetes
- Targets for blood sugars
- What to eat
- Exercise and activity
- Sick days
- Diabetes medicines
- Stop diabetes complications
- Coping with diabetes
- Treating high and low sugars

Location:

Snyder Village - Metamora, IL
1200 E. Patridge St.
Metamora, IL

Call (309) 672-4846 to register

Nutrition Basics

May 1, 8, 22

Please join us each week for new information

3:00 - 4:00 p.m.

Diabetes 101

May 2, 9, 23

Please join us each week for new information

1:00 - 3:00 p.m.