



Take control of your diabetes with Access to Healthcare's Diabetes Self-Management Education Program

- Meet one-on-one with a Registered Dietitian
- Attend group education classes
- Set personalized health and wellness goals
- Learn to prepare diabetic-friendly meals
- Access additional resources and support
- Gain knowledge, skills, and confidence to effectively manage your blood sugar levels

**Don't let the diagnosis of type 1,
type 2, or gestational diabetes
hold you back!**

Get started on your journey to better health today:

 **Visit:** accesstohealthcare.org/diabetesclasses

 **Call:** 775.284.1898



This brochure was partially funded through the Nevada Division of Public and Behavioral Health by grant number 1NU58DP006538-01-00 from the Center for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division nor the CDC.



Tome el control de su diabetes a través del Programa de Educación para el autocontrol de la diabetes de Access to Healthcare Network

- Una consulta personalizada y una evaluación integral con una Nutricionista
- Clases en grupo
- Establecer metas personalizadas de salud y bienestar
- Aprenda a preparar comidas aptas para diabéticos
- Acceso a recursos y soporte adicionales
- Obtenga conocimientos, Habilidades y confianza para controlar efectivamente sus niveles de azúcar en la sangre

No deje que el diagnostico de tipo 1, tipo 2 o diabetes gestacional lo detenga

Comience su viaje hacia una mejor salud hoy:

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 **Llame:** 775.284.1898

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM
AAD^E American Association
of Diabetes Educators

 **access to
HEALTHCARE**
NETWORK

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