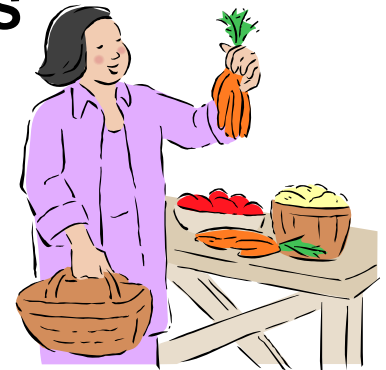


# WEST RIVER HEALTH SERVICES

## LIVING WITH DIABETES

*A series of education\* programs in 2010 to help you stay healthy*



**Where: West River Health Services**

**Classroom 1**

**1000 Highway 12**

**Hettinger, North Dakota**

(Use the new Centennial Addition entrance)

**When: 2:00pm - 4:00pm on the 2nd and 4th Monday of each month**

**To Register:** Call the Diabetes Education Department

**567-6203 or 1-800-732-0685.**

Pre-registration is required.

**Cost:** There is a charge for the classes, which may be covered by your insurance or Medicare. Call them to verify your benefits.

**1. On The Road to Better Managing Your Diabetes (Jan 11, Mar 8, May 10, July 12, Sept 13)**

*Presented by Barbara West, R.N.C, C.D.E. and Linda Nudell, L.R.D., C.D.E.*

Understand what diabetes is, and how everyday choices with food and activity affect your health. This can help you make changes that will make you feel better.

**2. Diabetes and Healthy Eating (Jan. 25, March 22, May 24, July 26, Sept. 27 )**

*Presented by Linda Nudell, L.R.D., C.D.E.*

The "Diabetic Diet" is a thing of the past. You know what you like to eat. You can enjoy every bite and also do what is best for your health!

**3. Monitoring Your Blood Sugar (Feb. 8, April 12, June 14, August 9, October 11 )**

*Presented by Barbara West, R.N.C, C.D.E.*

Why does your doctor want you to test blood sugars? What is a good reading? Discover which meter is best for you and what to do with the results. Find out how to prevent high and low blood sugars, too.

**4. Continuing Your Journey with Diabetes (Feb 22, April 26, June 28, Aug. 23, Oct. 25 )**

*Presented by Barbara West, R.N.C, C.D.E.*

Discover what medicines and yes, even insulins, are available and how they can help you manage your diabetes.

Good news!! You can help prevent problems with feet, eyes, kidneys and heart!