

Marcus Harris Presents

# Diabetes Survival Skills



## Who is eligible?

- Employees & family members on the YourChoice health plan who are:
  - Newly diagnosed
  - Living with any form of diabetes

## Topics

- Understanding Diabetes
- What to Eat
- Taking Medications
- Getting Started with Exercise
- Coping Skills

## Upcoming Dates

1/30, 2/27, 3/27  
at 12p & 5p

Scan Here to  
Register

