

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

4/24, 5/22, 6/26
at 12p & 5p

Scan Here to
Register

