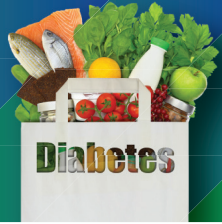




WHERE HEALTHY SHORTCUTS LEAD TO LIFELONG WELLNESS



SELF-MANAGEMENT PLANS INCLUDE THESE CONSULTATIVE SERVICES:

1. Type 2 Diabetes Class series including Healthy Eating, Physical Activity, Medications, Monitoring, Problem Solving, Healthy Coping, and Risk Reduction
2. Type 1 Diabetes individual and classes focused on Basic and Advanced Carbohydrate Counting, Blood Glucose Pattern Management and Pump Problem Solving
3. General Education Classes including Kitchen Makeover for a Healthy Refrigerator, Freezer and Pantry, Meal Planning and Food Shopping 101, Healthy Meal Planning on a Budget, Wake! Shake! Make! Repeat!, and Food and Nutrients as Medicine.

SPECIALTY SERVICES:

1. Medical Nutrition Therapy
2. AADE Accredited Diabetes Self-Management Program with coverage for Medicare beneficiaries and most other insurances
3. Certified Insulin Pump Trainer



We accept most insurances and offer cash pay options too!