

# DIABETES EDUCATION



**WEDNESDAY, JANUARY 21<sup>ST</sup> • 3:00PM**

Join us in our Activity Room for an informative session about Diabetes and how to be successful. Grace at Home will provide healthy tips to maintain blood sugar levels. The focus will be on small changes that can have a big impact on successfully managing diabetes. We will dive into food groups and how they impact blood sugar.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

**Our goal for the session is to provide some information that can help empower change.**

**PLEASE RSVP BY JANUARY 20<sup>TH</sup> TO:**

**BETTIE GEORGE**

Activity Director

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