

Diabetes Academy

Let us help you manage your diabetes.

FREE!

The Y is collaborating with Novo Nordisk, a diabetes product and information company, to bring you an opportunity to **take control of your health**. The more you know and the more support you have to put that information to work for you, the **less negative impact** diabetes will have on your life.

Each class includes the following information

• Diabetes 101

What is diabetes? Why does it affect my body the way it does?
What do all these medical terms mean for me?

• Staying Healthy

Now that I have a better understanding of what it is and how it affects my body, how do I best manage it?
What are some convenient and practical things I can do every day to feel better?

Free class options; no registration required.

- Wednesday, February 8th from 3:30 - 5:00 pm
- Wednesday, March 7th from 5:00 - 6:30 pm

Location: Eugene Family YMCA
2055 Patterson Street
P 541 686 9622 W eugeneymca.org

Questions? Please contact Kari at the Y.

