

Are You on the Road to Living Well with Diabetes?

Do you have diabetes?

OR

Have you been told your “sugar is a little high”
or you have a “touch of sugar?”

If the answer is yes, you can benefit from this
free program.

What you get free:

- Two of the five important tests that tell you how well your diabetes care is working.
- Information about five critical tests for diabetes care.
- Four classes on *Living Well with Diabetes*.
- Tests repeated after three months.

What's required:

- Advance registration and attending 5 classes, plus the follow up screening date.
- Consent to be part of this study and have tests (requires finger prick for blood).
- Complete two surveys about your diabetes.

All information is confidential.

Call Debbie Zbaeren Fredricks at
577-3014 x7 to register for upcoming classes

This is a part of a research project conducted by Joslin Clinic and Washington State University



World Class. Face to Face.

