



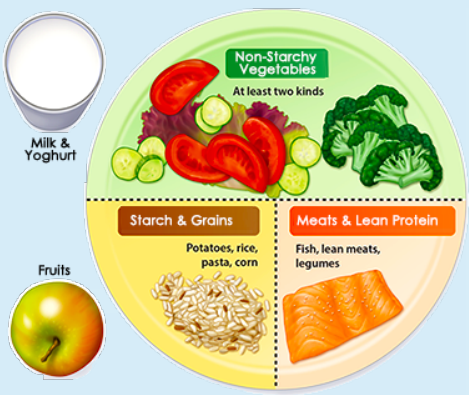
SUBURBAN PRIMARY CARE NOW OFFERS “DIABETES EDUCATION CLASSES”

Our classes are designed for patients with diabetes who want to learn more about how to manage their Type 2 diabetes and reduce health risks.

Classes will be led by our clinician-educator, Natalie Salvino, FNP-BC, CDE, who will provide a 6-week interactive group education and support. Each session will last 60-90 minutes and will focus on multiple aspects of Diabetes.

Diabetic educational classes are covered by your insurance and pre-registration is required. ***Classes are held on Tuesdays from 9am to 11am in our clinic for 6-weeks.***

Presentation will include:



Healthy Diabetes Plate

- **Meal Planning, Dining Out & Weight Management**
- **Self-Monitoring Blood Sugars & Setting Goals**
- **Taking Diabetes Medications & Side Effects**
- **Ways to Reduce Stress & Increase Activity**
- **Good Foot Care & Preventing Complications**

**FOR MORE INFORMATION AND TO REGISTER FOR CLASSES,
PLEASE CALL SUBURBAN PRIMARY CARE AT 630-590-5751**