LIVING HEALTHY

It's easy with free Online Group Coaching

Join our Diabetes Series right from your computer

Daily Success with Diabetes

- Understand more about diabetes for you, a family member, or a friend
- Learn helpful tips for living well and feeling better
- Start living the healthier life that you deserve!

6 week series begins on Wednesday, April 12th

11:00-11:30am OR 3:30-4:00pm

30 minute sessions

Registration required and space is limited!

Please register for only one session time

Participants completing at least 5 out of 6 sessions will be entered to *win a FitBit® Zip™.

*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

See next page for class descriptions

Ready to start getting healthy?

1. Register by clicking on session time above.
2. Enter your registration information and click on "register."
3. Check your email for your registration confirmation.
4. Save the group coaching series to your calendar for the day/time you choose.
5. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
6. Come prepared to learn, interact, and have fun!

Program Details:

WEEK 1 ***ABC's of Diabetes***	Review what diabetes is, the types of diabetes, how diabetes can affect your body and action steps for managing your condition.
WEEK 2 ***Checking Your Blood Sugar***	Learn the importance of checking your blood sugar.
WEEK 3 ***Tips for Healthy Eating***	Recognize the relationship between healthy eating and diabetes and why it's important for your blood sugar to eat regularly throughout the day.
WEEK 4 ***It's Good to Be Healthy***	Understand the health benefits of being active, and share tips for overcoming common barriers to physical activity.
WEEK 5 ***All About Medicines***	Discover why medicines may be helpful in controlling blood glucose and the types of medicine that are available, including orals and injectables.
WEEK 6 ***Secrets of Daily Success***	Discuss additional topics that impact diabetes - including vaccinations, tobacco-use and stress. Also, learn what day-to-day diabetes care includes and why tracking your health can help control diabetes.

Online Group Coaching

It's free. It's easy. And it just may change your life.

motivating MISSISSIPPI
keys to living healthy

ActiveHealth MANAGEMENT.

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