

# BETTER YOU

## LIVE WELL WITH DIABETES THREE-PART SERIES

Florida Blue 

BetterYou

Ever wonder how you can improve managing this chronic disease? This three-part series will help you live well with diabetes. In Session 1 you will learn about diabetes, how it affects the body and how it is diagnosed. Session 2 will include monitoring your blood sugar and overall health, reviewing your medications, and discussing when to see your doctor. Session 3 will cover specific lifestyle behavior changes to help you manage your diabetes.

Presented by Florida Blue and

Dates:

Time:

Place:

Contact:

To register for the event:

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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