

# Managing Diabetes?

Learn how to treat yours during

# Diabetes Days

## Schedule your first visit with a Certified Diabetes Educator to receive:

- Personalized diabetes training and support
- Meal planning
- Carb counting
- Glucose monitoring
- Taking medication
- Insulin training
- Weight management

**ASK YOUR  
DOCTOR TO  
REFER YOU  
TODAY!**

Visit, [www.gbmc.org/diabetesdays](http://www.gbmc.org/diabetesdays) or call 443-849-2036 to schedule your initial one-on-one visit and register for group classes.