



LIFE CENTER

DIABETES, ENDOCRINOLOGY & WELLNESS

(520) 562-7940

Community's Resource for
Health and Wellness

GRHC.ORG/LIFECENTER



DIABETES AND NUTRITION EDUCATION

5 year old and up

- Provide nutrition education for a variety of conditions
- Provide tools and support to prevent or manage diabetes
- Meal planning/support for weight management
- Learn tips for easy and healthy meal prep
- Group classes and 1:1 appointments



DIABETES PREVENTION SERVICES

10 - 17 years (with guardian) and 18 and up

- Realistic tools to lose weight
- Learn easy ways to add exercise into each day
- Feel better and have more energy!
- Develop healthy habits



COUNSELING AND SUPPORT SERVICES

10 years old and above

- Emotional support for living with diabetes
- Healthy coping
- Stress management
- Support and education for quitting tobacco use



FITNESS SERVICES

10 years old and above

- Work with 1:1 with a certified Fitness Trainer
- Personalized exercise plan for independent or supervised workouts
- Feel better, be healthy
- Transportation available



CLINICAL SERVICES

10 years old and above

- **Endocrinologist** - Specialist in Diabetes, Endocrine and Hormone Health
- **Nurse Practitioners** - Specialized in diabetes and metabolism management
- Education and support in achieving A1c, Blood pressure, cholesterol and all diabetes related targets



GARDEN SERVICES

- Your seed resource for community
- Providing on-going garden classes to individuals and groups
- Get your hands in the soil volunteer opportunities