

# Take Charge of Your Health!

Participate in person (with reservation)

## Diabetes Basics

### SEPTEMBER **Thursday** Classes

**5**  
THURS

*Session 1*  
2 pm - 4 pm

**12**  
THURS

*Session 2*  
2 pm - 4 pm

**19**  
THURS

*Session 3*  
2 pm - 4 pm

**26**  
THURS

*Session 4*  
2 pm - 4 pm

- Group Learning
- Interactive Collaboration
- Problem-Solving
- Support Network
- New Recipes
- Take Charge
- Ready-Set-Go
- Positive Outcomes
- Create Your Plate
- Identify Patterns
- Promotional Items

SCAN TO VISIT  
OUR PAGE



**LIFE CENTER**  
DIABETES, ENDOCRINOLOGY & WELLNESS

**Location: Life Center at Komatke Health Center, Conference Room**  
Please call to schedule pre-class individual assessment (520) 562-7940

(Providers, please mention "Diabetes Basics Class" in your Diabetes Education referral.)