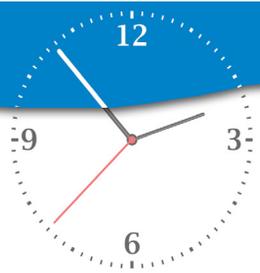


The Time Is



# NOW

Take Control of

# DIABETES

Do you or someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through better nutrition and physical activity. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

### To participate, you must:

- Have diabetes or pre-diabetes
- Be a Medicare or dual-eligible beneficiary
- Provide care to some one with diabetes

### Topics include:

- What is Diabetes?
- Can I Still Eat Fruit?
- Move It—Do the Cha-Cha
- Diabetes Medicines, Herbs, and More
- Keep Your Diabetes in Check
- Eyes, Teeth, Toes, and Feet—What You Need to Know

### Program details:

- Workshops are free
- Small classes held regularly in your community
- Six weekly classes
- Each class is a couple of hours

This program is not a replacement for medical care. Participants should keep all medical appointments and follow the direction of healthcare providers.

Sign up now! Call \_\_\_\_\_

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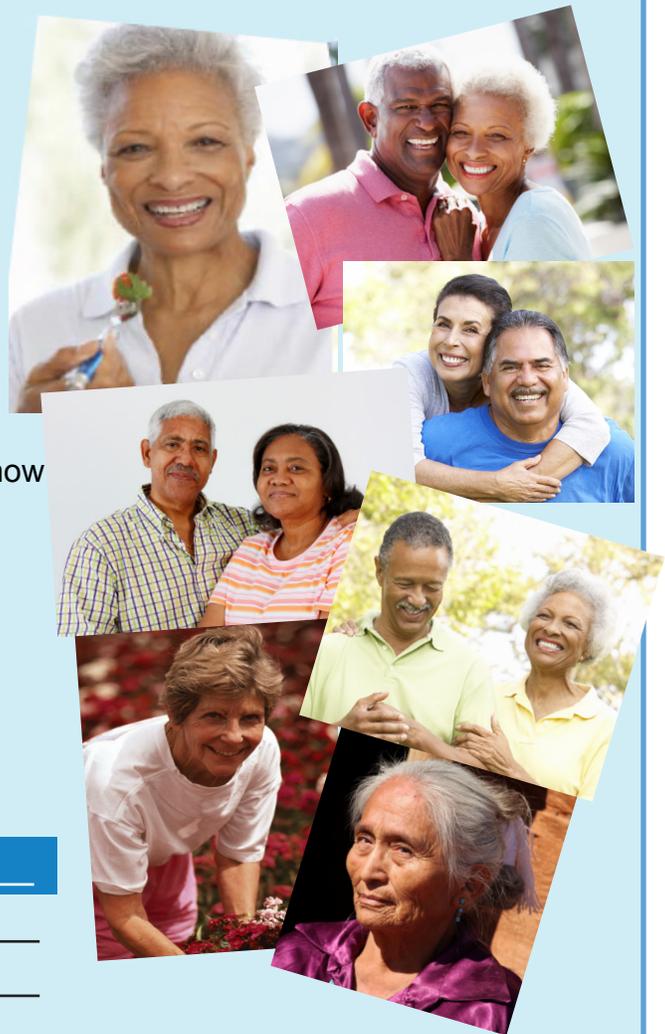
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### **Diabetes Self-Management Education (DSME)**

Health Services Advisory Group (HSAG) is offering Medicare-funded diabetes self-management education (DSME) workshops throughout Arizona to empower Medicare beneficiaries with diabetes, and their families, to take an active role in controlling their disease. DSME classes of 10-20 participants meet once a week for six consecutive weeks and classes are approximately 2 to 2.5 hours in duration. The workshops apply evidence-based curriculum programs that have been approved by the Centers for Medicare & Medicaid Services (CMS). HSAG can conduct these workshops at your location or train staff at your facility to become diabetes educators. There are no costs for these services.

#### **Workshop topics include:**

- Understanding the human body (broad overview)
- Understanding risk factors for diabetes
- Monitoring one's body
- Increasing physical activity
- Managing diabetes through meal planning (highly interactive session)
- Learning about medications
- Living with diabetes

The workshops are highly interactive and past participants have reported the lessons to be of great value. If you are interested in hosting a DSME workshop, having staff trained and certified as lay-leader/educators in DSME, or having a conversation about how DSME may benefit your organization, please contact:

Ana Guzman

Community Program Specialist

Office: 602.801.6696 | [aguzman@hsag.com](mailto:aguzman@hsag.com)