



# Learn More: Live Better!

with the  
**Diabetes  
Empowerment  
Education Program™**

## You can get answers to all your questions:

- What kinds of foods can I eat?
- How did I get diabetes?
- How do diabetes medications work?
- Do I really need to exercise?
- How does diabetes affect my body?
- ...and more!



## Please contact us to:

- Schedule a **FREE** one-hour diabetes group presentation
- Schedule a **FREE** class series in your neighborhood
- Register for one of our **FREE** classes

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To learn more, contact us at  
520-724-9358 or [diabetes@pima.gov](mailto:diabetes@pima.gov)

