



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

To learn more, contact us at
520-724-9538 or diabetes@pima.gov

