



**PRAIRIE MOUNTAIN HEALTH**

Chronic Disease Education Program  
(CDEP)

## **Diabetes Education Class** *Living with Diabetes*

This class is an overview of diabetes, including what diabetes is, many of the feelings and emotions surrounding it, and how it can be managed.

healthy eating  
kidney disease  
high cholesterol  
high blood pressure  
inflammatory bowel disease  
**HEART HEALTH**  
**DIABETES**  
physical activity

Visit [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)

Follow us on social media:



@PrairieMtHealth

**Tuesday**  
**September 24**  
**1:00 – 3:00**

**Swan Valley**  
**Health Centre**  
Therapies  
Work Room

**FREE!**  
**Registration**  
**required.**  
**1-877-509-7852**