

# NEED HELP MANAGING YOUR DIABETES? WE'LL LEND YOU A HAND!

If you have diabetes, you are invited to a **FREE LECTURE** now available at Manhattan's Physician Group with a Certified Diabetes Educator (CDE).

**Your family and friends are welcome to join you at this session where you will learn about:**

- The latest diabetes information
- The different kinds of diabetes
- The typical course of diabetes
- Different diabetes treatment and tests
- Good blood sugar control
- Low or high blood sugar symptoms
- Meal planning and physical activity
- Helpful diabetes resources



To register for this **FREE** lecture, please speak to a front desk representative.



**Classes are available at these MPG locations:**

| OFFICE NAME            | OFFICE LOCATION             | CLASS SCHEDULE PER MONTH |
|------------------------|-----------------------------|--------------------------|
| <b>Upper Manhattan</b> | 1865 Amsterdam (@ 152nd St) | 2nd Wed (10am-12pm)      |
| <b>Lincoln Square</b>  | 154 W. 71st St (@ Broadway) | 1st Tues (10am-12pm)     |