

DIABETIC EDUCATION CLASSES

*Take control of your health.
Learn. Plan. Thrive.*

CLASSES
ARE
FREE!

HAVE YOU BEEN DIAGNOSED WITH DIABETES OR PRE-DIABETES?

We are here to help.

Join John Hancock, RN, CDCDS at Payson Christian Clinic for a weekly community education class designed to help you gain a deeper understanding of how you can live a healthier life and manage your diabetes.

COURSE CONTENT INCLUDES:

- ? What is diabetes and why do I have it?
- 📅 Meal planning
- 🏃 The importance of exercise
- 💧 Monitoring blood sugar
- 📋 Weight loss
- ⚠️ (How to avoid) Complications



EVERY
WEDNESDAY

**11:30 AM –
12:30 PM**

Led by John Hancock, RN, CDCDS



**Payson Christian Clinic
701 S PONDEROSA ST
PAYSON, AZ 85541**



Questions?
Email admin@paysonchristianclinic.com