

Diabetes Self-Management Education

Learn ways to manage diabetes that fit your life.



Personalized diabetes management can help:

- Set and track your health goals.
- Use knowledge, skills, and tools to manage your diabetes.
- Fit diabetes care into all parts of your life.
- Find support when you need it.

Topics covered:

- Monitoring blood sugar levels
- Nutrition
- Physical activity
- Medication
- Goal setting

Talk to your primary care provider about a referral to the Diabetes Self-Management Education class or call 907-631-7630 for more information.

Calendar dates are available on the back page.

Diabetes Self-Management Education is for customer-owners who are newly diagnosed or have had diabetes for years.



Benteh Nuutah
Valley Native Primary Care Center Wellness Center
907-631-7630



Diabetes Self-Management Education Class

 3:30-5 p.m.

1/13

3/10

5/12

7/14

9/8

11/10

2/10

4/14

6/9

8/11

10/20

12/8

January

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

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March

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April

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May

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June

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July

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August

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September

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October

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19	20	21	22	23	24	25
26	27	28	29	30	31	

November

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December

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