

Learn to live **FREELY** with diabetes in the new year!



Resolve to live freely with diabetes or prediabetes this year by joining a local **Diabetes Self-Management Workshop Series**. You may be eligible to **receive free meals** to support your training!

That's right—you may be eligible for **free, nutritious meals delivered directly to your home** by Project Angel Heart. For those who already receive Project Angel Heart meals, attending a six-week **Diabetes Self-Management Workshop Series** can help you better manage your diabetes or prediabetes.

Learn tips to help you:

- Control your blood sugar
- Read food labels and exercise safely
- Deal with emotions and stress

People aged 65+ with diabetes or prediabetes and their families are welcome at these **free workshops**. Graduates will receive tools and resources to promote diabetes self-management skills every week. The support you receive from your fellow classmates and workshop leader will bring you better health in 2019!

To reserve your space or learn more, talk to

Meredith Koob | 303-260-9346 | mkoob@telligen.com

Workshops:

Six-week series

Wednesdays

January 9 - February 13
9:30 a.m. - Noon

Thursdays

January 10 - February 14
1:00 - 3:30 p.m.

Location:

Colorado Community Clinic
1605 North Union Blvd.
Colorado Springs, CO 80909

Other class days, times and locations available! Please contact Meredith Koob for more information.



www.TelligenQINQIO.com

This material was prepared by Telligen, the Medicare Quality Innovation Network Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11SOW-QIN-B2-12/05/18-3097

