



# THRIVING WITH DIABETES

10 things you need to know

A two-session program led by Jessica Balos, MA to help you cope with the unique stresses of living with a chronic disease.

**Learn** about the emotional side of diabetes.  
**Understand** how it can affect your life and self care.  
 Learn ways to **improve** your well being, and live well.



### REQUIRED

for those with 2016 Qualifying A1C at 9.0 or above.  
 Can be used to complete Qualifying Requirements for Diabetes Education for those members with 2016 Qualifying A1C at 7.1 to 8.9.

### OPTIONAL

for all others with diabetes.



### MANATEE MEMORIAL HOSPITAL

206 2nd Street E,  
 Bradenton, FL 34208  
 First Floor Tower Classroom A

*Enter main lobby, go down hallway, it is to the left at first indentation in that hall*



### REGISTER ONLINE

at [manateeyourchoice.com](http://manateeyourchoice.com)  
 Or contact Florey Miller  
 Diabetes Educator  
[fmiller@manateeyourchoice.com](mailto:fmiller@manateeyourchoice.com)  
 (941) 748-4501 x6410

There is a **\$25.00 copay** for the two session program

## CHOOSE A TWO-SESSION OPTION THAT WORKS FOR YOUR SCHEDULE:

Thursday, March 9 & Wednesday, March 15*	5:30pm - 7:30pm
Thursdays, April 20 & 27*	5:30pm - 7:30pm
Tuesday, May 2 & Wednesday, May 10 <sup>+</sup>	5:30pm - 7:30pm
Saturday, June 24 ( <i>Session 1 &amp; 2 combined</i> )	10:00am - 2:00pm
Tuesdays, July 11 & 18	5:30pm - 7:30pm
Tuesdays, Aug 1 & 8	5:30pm - 7:30pm

\*3/15 & 4/27 will be in Manatee Classrooms 1 & 2 on first floor across from the auditorium at MMH

<sup>+</sup>5/10 will meet in Conference Room 1 on the first floor of MMH at end of main hallway