



Extinguishing Burnout Diminish Diabetes Distress

Diabetes is a daily burden which can bring added stress into life. As a chronic disease, managing diabetes can be difficult to cope with. This class will review how diabetes-related stress can affect your emotional wellbeing and teach you ways to overcome stress and extinguish diabetes burnout.

Date	Time	Location
Tuesday, June 23	5:30p - 7:30p	Employee Health Benefits, Conference Room 5213 4th Ave Circle E., Bradenton
Tuesday, July 14	5:30p - 7:30p	Employee Health Benefits, Conference Room 5213 4th Ave Circle E., Bradenton
Tuesday, August 11	5:30p - 7:30p	Employee Health Benefits, Conference Room 5213 4th Ave Circle E., Bradenton

Sign up at www.manateeyourchoice.com/register
(select "Extinguishing Burnout" in the dropdown menu or use the search bar)

Open to all employees and health plan members!

Can be used to complete Qualifying Requirements for those members with 2019 Qualifying A1C of 7.1 to 8.9.



For More Information Contact: Florey Miller
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