

Sign Up Today!

TYPE YOU! DIABETES PROGRAM STARTS SEPTEMBER 22

The **Type YOU! Diabetes Program** is a group education and support program designed for Spira Care patients who have been diagnosed with type 2 diabetes. Participants will discuss and learn strategies for managing diabetes physically, mentally, and emotionally. Learn how to be an advocate for your own health, while enjoying the camaraderie and support of your peers. We look forward to seeing you! – **Your Type YOU! Diabetes Wellness Team**



“I felt so supported and learned to stress less and become a mindful eater.”

“I appreciated knowing that other people are struggling with the same things I am. I am not alone!”

“The information shared was interesting and easy to understand. That along with the instructors gave some relief to my stress.”

- PROGRAM PARTICIPANTS



Sign Up Today! RSVP BY EMAIL OR PHONE

Diabetes.Education@SpiraCare.com

816-395-3128 ext. 3585

TYPE YOU! DIABETES PROGRAM

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|------------------------|--------------|--------------------------------------|-----------------|
| Thursday, September 22 | 5:30 to 7 PM | Diabetes 101 | Virtual Program |
| Thursday, October 6 | 5:30 to 7 PM | Managing the Beast Between Your Ears | Virtual Program |
| Thursday, October 20 | 5:30 to 7 PM | Healthy Eating | Virtual Program |
| Thursday, November 3 | 5:30 to 7 PM | Monitoring | Virtual Program |
| Thursday, November 17 | 5:30 to 7 PM | Developing a Winning Attitude | Virtual Program |
| Thursday, December 1 | 5:30 to 7 PM | Living with Vitality | Virtual Program |



Sessions will be facilitated by a Diabetes Educator, Behavioral Health Consultant and Health Coach. The Diabetes 101 session will feature a Medical Provider as well.