

Southeast  
Health Group

# Health Navigators

present

## Healthier Living Colorado™ Diabetes

FREE  
Class

- This course covers a variety of topics such as: healthy eating guidelines for people with diabetes, positive ways to deal with stress, communicating with healthcare professionals, and achieving weekly health related goals by making action plans.
- For those who have diabetes **OR** those who are caregivers of people with diabetes.
- Books will be provided in the classroom at no cost.
- To register or get more information, please call **719.383.5471**.

### When:

6-week course -1 day a week for 6 weeks.

Beginning February 19th through March 25th, 2016.

### Where:

Southeast Health Group,  
711 Barnes Ave., La Junta,  
CO

### Time:

9:30 a.m.— noon

