

How can I set up a visit?

Ask your doctor to send us a referral.
Call (505) 272-2340 if you have questions.

Who will I see?

You will see either a Certified Diabetes Educator or a Registered Dietitian. They are skilled in teaching people how to take care of their health.

What about people who don't speak English?

We can get interpreters for any language you need.

Questions?

Call us at (505) 272-2340.



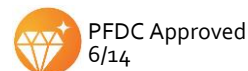
To learn more, call:
(505) 272-2340



Our goal is to help you
be healthier!



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Center for Diabetes & Nutrition Education



Not sure how to take
care of your diabetes?

Need to learn a new way
of eating for a health
problem?

Come see us!



Learn to Manage Your Diabetes

- Do you have diabetes?
- Would you like to learn how to have more energy?
- Do you want to take better care of your diabetes but don't know where to start?

We can help!

Come learn how to:

- ☑ Control your blood sugar to feel better now.
- ☑ Enjoy your favorite foods.
- ☑ Check your blood sugar to make better choices.
- ☑ Improve your blood sugars by being more active.



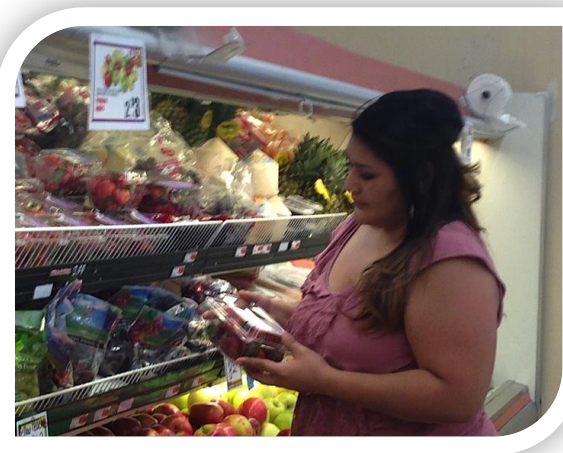
Learn How to Eat for Your Health Problem

- Has your doctor told you to change how you eat?
- Are you confused about what to do?

Come meet with one of us!

You will learn how to:

- ☑ Choose foods to help you feel better.
- ☑ Shop for the best foods for you.
- ☑ Make sense of food labels.
- ☑ Make foods for your special health needs.
- ☑ Eat out in a healthy way.



Classes

Ask your doctor for a referral if you think one of the classes below will help you.

Prediabetes

Has your doctor said your blood sugar is starting to get a little high?

- ☑ Learn what you can do to avoid diabetes.

Healthy Heart

Do you have high blood pressure or high cholesterol?

- ☑ Learn what you can do to get better numbers.

Celiac Disease

Do you need to avoid gluten?

- ☑ Learn which foods you can still enjoy.
- ☑ Learn which foods to stay away from.

Gastroparesis

Does your stomach empty too slowly?

- ☑ Learn what you can eat to feel better.