



Banner Health

Banner Health Clinic

Living Well with Pregnancy and Diabetes: A Healthy Pregnancy, A Healthy Baby

A two hour class, taught by BGS diabetes educators, focusing on teaching women with type 1, type 2, or Gestational Diabetes the skills needed to take care of themselves during pregnancy. The goal is to help you and your baby stay healthy.

Topics Covered

**Healthy Eating
Being Active
Blood Glucose Monitoring
Taking Medication
Problem Solving
Healthy Coping
Reducing Risks**

Cost: \$10 (due at time of class)

Bring your blood glucose monitor and 3 day food record.

To pre-register and get information about class dates, times, and location.....

CALL: 392-2344