

Daily Care: Living Your Best Life with Diabetes

An in-person group where you learn about managing different phases of diabetes.

Daily Care is an interactive presentation where our members will learn about nutrition, the benefits of being active, and solving everyday problems. We'll have open discussions about any diabetes concerns.

What to expect:

- Work directly with a dietitian.
- Receive valuable handouts that will help manage your diabetes.
- Learn about different eating patterns.
- Compare portion sizes of common meals.
- Discuss solutions for everyday problems.

Space is limited for this event, registration is required.

To register for Daily Care, please call 480-684-5090, 8 a.m. to 4:30 p.m., Monday through Friday.

Please visit the Banner Medicare Advantage website to learn about additional diabetes programs and wellness opportunities.



www.BannerHealth.com/MA-Wellness-Programs

Eligibility:

Banner Medicare Advantage members living with diabetes.

When:

Date:

February 20, 2025:

Spring is Here, Let's Eat Healthy and Be Active

April 17, 2025:

Stay Hydrated and Active for the Summer

June 19, 2025:

Enjoy Fruit Smartly

August 19, 2025:

Eating to Keep Your Heart Healthy

October 16, 2025:

Balancing Your Meals

November 20, 2025:

Holiday Meals and Staying Active

Time:

9 a.m. (English group)

11 a.m. (Spanish group)

Location:

Banner Plans & Networks

5255 E Williams Circle, Ste 2050

Tucson, AZ 85711

Room number to be provided to registered members prior to the event.

For accommodations for persons with special needs at meetings, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Banner Medicare Advantage Dual HMO D-SNP: 877-874-3930, TTY 711

Banner Medicare Advantage Prime HMO: 844-549-1857, TTY 711