

TYPE YOU! DIABETES PROGRAM

Because you are more than a number.

The **Type YOU! Diabetes Program** is a group education and support program designed for Spira Care members 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



Sign Up Today:



Diabetes.Education@SpiraCare.com



816-395-3128 ext. 3572

Thursday, May 6	5:30 to 7 PM	Diabetes 101	Virtual Program
Thursday, May 20	5:30 to 7 PM	Managing the Beast Between Your Ears	Virtual Program
Thursday, June 3	5:30 to 7 PM	Healthy Eating	Virtual Program
Thursday, June 17	5:30 to 7 PM	Monitoring	Virtual Program
Thursday, July 1	5:30 to 7 PM	Develop a Winning Attitude	Virtual Program
Thursday, July 15	5:30 to 7 PM	Living with Vitality	Virtual Program



Based on health guidelines due to COVID-19 each program will be virtual.



Sessions will be facilitated by a Medical Provider, Behavioral Health Consultant, Certified Diabetic Educator, Health Coach and Care Guide RN.