



## TAKE CHARGE OF YOUR DIABETES!

**OUR THREE WEEK PROGRAM CAN HELP YOU IMPROVE YOUR HEALTH - ONE STEP AT A TIME.**

The Lourdes Diabetes Education Program is a skill-building program designed specifically for people with diabetes.

Participants in this group education program gain the skills necessary to self-manage their diabetes and work effectively with their health care professionals.

### **WHO CAN TAKE PART? ANYONE LIVING WITH DIABETES! COVERED BY MOST INSURANCE COMPANIES.**

Registration is required – Insurance benefits will be verified prior to the start of the program.

### **PROGRAM DETAILS**

- 3 week program  
(1 session per week, 3.5 hours per session)
- Offered monthly
- Select a time that works for you:
  - Weekdays: 5:30PM – 9:00PM
  - Saturdays: 9:30AM – 1:00PM
- Choose from 4 locations:
  - Our Lady of Lourdes Medical Center  
1600 Haddon Ave, Camden
  - Lourdes Medical Center of Burlington County  
218 Sunset Rd, Willingboro
  - LourdesCare at Cherry Hill  
1 Brace Rd, Cherry Hill
  - Margaret Heggan Library  
606 Delsea Dr, Sewell

For more information or to register:  
Contact us at 1-877-533-4222.

