

# CareHere!®

## Diabetes Conversation Mapping



**Join CareHere for a conversation about managing your diabetes!**

The Conversation Map education series is designed to help you discover what you want and need to know about managing your diabetes.

A Conversation Map is a series of images and metaphors on a 3 feet by 5 feet tabletop display. During this class the Conversation Map will serve as an education tool to help you learn about ways to better manage your diabetes.

You will also work with a Registered Nurse and a Registered Dietitian to identify facts and myths around diabetes and uncover information on key topics related to improving diabetes care.

**Please join us on Monday, April 5th and 12th  
5:00p-6:30p**

**at Administration Building—Conference Room**

**Sign up now...class size is limited to 10 participants**

Please go to [www.carehere.com](http://www.carehere.com) to register and log on with your user name and password. Click on Wellness Registration (April-June) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. You may also call 877-423-1330 to register.

If you have questions, please contact CareHere Health Coach, Tracy Thompson by email at [tthompson@carehere.com](mailto:tthompson@carehere.com) or call her at 615-866-0587.

## **Diabetes Conversation Mapping**

classes will begin on January 7th

from 4:30p-6:00p

at the Gallatin Library