



**Thursday, March 31st
5:00-6:00pm
Administration Conference Room
303 N. Church St.**

**Do you have diabetes?
Are you unsure how to exercise with diabetes?**

This class focuses on specific exercises to do with diabetes, the importance of knowing your blood sugar numbers before and after exercise and how to interpret those numbers and take in carbs accordingly for the safest workout possible.

Please go to www.carehere.com to register and log on with your username and password. Click on Wellness Registration (Jan-Mar) 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 regarding this presentation, you may contact CareHere Health Coach, Katy Mead, MS at kmead@carehere.com or call 615-866-6407- Office.

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