



# Free Diabetes Education

Your provider says that you have diabetes.  
You understand that some changes  
have to be made.

Our group classes focus on the seven critical self-care behaviors identified to best produce good outcomes by the Association of Diabetes Care & Education Specialist. Your diabetes educator will work with you to develop an education plan from a series of interactive classes geared toward improving your diabetes self-management skills.

Ask your provider for  
a referral today

*These classes also include a Free  
Minges Wellness Center Gym Membership.*



***Medical Nutrition Therapy  
and  
Diabetes Education***

**252-522-7471  
or  
252-522-7616**

**UNC Lenoir Health Care  
100 Airport Road  
Kinston, NC 28501  
[www.unclenoir.org/services/  
diabetes-wellness-program](http://www.unclenoir.org/services/diabetes-wellness-program)**