

Join us for a
10-session series
of small-group diabetes
education and prevention
**classes in Sedan,
Kansas.**

**You will learn to use
apps to:**

- Monitor your blood sugar and insulin use
- Track your meals and snacks
- Record healthy activities
- Get summaries of your numbers to share with your medical professional

The 10-session series is run by a nurse and AT Specialists who can teach you how to improve your health by using apps on a smart cellphone or tablet. Call today!

Diabetes Prevention & Education

Are you at risk of diabetes
or have diabetes?

Would you like to learn how
to monitor your symptoms
or track activities to improve
your health?

**Join us for a FREE
10-week series of classes!**

Easy sign up! Contact Diana Clanton
at the SKIL office at the Sedan Senior Center
for more information and to sign up!

SKIL Sedan Office
124 E Main St.
Sedan

or call us at 620-725-3990