

North Atlanta NAED Endocrinology & Diabetes

DIABETES EDUCATION CLASS

Self Management

Learn how to care for your
diabetes with nutrition, physical
activity, and medication.



Thursdays 8:30am-12:30pm

Education Room
771 Old Norcross Rd Ste 200,
Lawrenceville, GA



Who will benefit?

Those who are newly diagnosed

Poor control of blood sugar

A1c >7.0%

Experiencing complications related to diabetes

EVERYONE!

PLEASE PRE-REGISTER FOR
THE DIABETES SELF MANAGEMENT
EDUCATION.

You will Learn:

Living with Diabetes
Meal Planning
Carbohydrates Counting
Dining Out
Balancing Stress
Blood Glucose Targets
Blood Glucose Monitoring
Physical Activity
Sick Day Management
Medications
Diabetes Medications

For inquiries and pre-
registration, call us at

770-339-1387 or

visit our website

www.northatlantaendo.com.

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