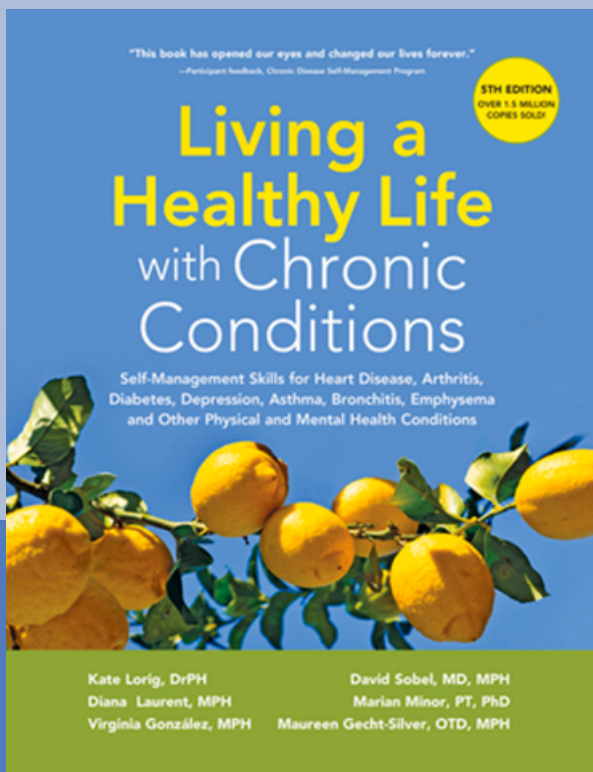


Living Well with Diabetes

Free 6-Week Course

Discover practical skills and “tools” to help manage symptoms, learn about nutrition and physical activity, goal setting, problem solving and taking those small steps towards living well.

Join your Simplified Benefits Administrators Health Coaches virtually through Teams every **Tuesday** from **January 14th - February 18th**
5:30 PM – 7:30 PM



Requirements:

- Click [HERE](#) to register
- **Introductory class on January 7th (5:30-6:00) to confirm participation**
- Computer with internet access or smartphone with camera and microphone capabilities

Take control of your health and sign-up today!

Click the link above or contact Laura Dvorak, RN to register.

simplified
benefits
ADMINISTRATORS

970-495-7091

laura.dvorak@selecthealth.org