

Type 2 & You

Do you have questions about Type 2 Diabetes?

Why do I need take
all these
medications

How do I work all of this
into my everyday life?

What do I eat?

How much exercise
do I really need?

Can I still have cake at
Grandma's birthday
party?

Why do my blood sugars
go up and how do i
stop it?



For Answers to your Questions

Join us at Joslin Diabetes Center for our Type 2 & You Diabetes Class

The 2nd & 4th Thursdays of the Month

Virtually

3:30pm - 4:30pm

Classes are covered by most Health Insurance Plans

Call 617-309-2440 to Sign-up