

Instructor:
Judy Fischer, RD,
LDN, CDE
Certified
Diabetes Educator

Pancreas Injections
Bloodstream Sugar
Mellitus Lifestyle
Type-2 Insulin Cells
DIABETES
High Hunger Adult Onset
Diet Type-1 Obesity
Glucose Weight Loss
Blood Medication
Blood Pressure
Fatigue
Thirst
Stress
Metabolic
Gestational
Exercise
Juvenile Diabetes

Diabetes Boot Camp

6 week program.....

MDD, Nutrition, Inc.

- Week 1: What is Diabetes & Maintaining Control
- Week 2: Meal Planning Basics
- Week 3: Blood Sugar Pattern Management
- Week 4: Diabetes Medication Review
- Week 5: Exercise and Your Blood Sugars
- Week 6: Avoiding Complications

MDD Nutrition, Inc.

Matthews and Huntersville
locations

Phone: 704-846-7105
Fax: 704-246-6808
Email: mddhelp.com

Call today to offer this program to your
Employees!!