



Do you or someone you love have diabetes? Everyone with Diabetes Counts is a program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through **no-cost** educational workshops. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

Join us if you:

- Have diabetes or pre-diabetes
- Are 60 years of age or older
- Have Medicare or Medicare/Medicaid



Program details:

- Six short weekly workshops
 - Each class is two hours
 - **No cost to participate!**
- A **box lunch** will be provided at each workshop, compliments of the Buckeye Hills Regional Council —Aging and Disability Division. Funding provided by the Older American Act of 1965.

Where: _____

Every: _____ From: _____

Starting: _____

For six weeks, ending: _____

This program is not a replacement for medical care. Participants should keep all medical appointments and follow the directions of healthcare providers.

Call to sign up at no cost:



Everyone with Diabetes Counts



This material was adapted by Health Services Advisory Group, the Medicare Quality Improvement Organization for Ohio, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services, based on original material developed by WVM Quality Insights, the QIO for Delaware, Louisiana, New Jersey, Pennsylvania, and West Virginia. The contents presented do not necessarily reflect CMS Policy. Publication No. OH-11SOW-B.2-09252017-03