



# Diabetes Self-Management Seminar

Diabetes is a lifelong condition that can lead to serious health problems if left untreated. It is the leading cause of blindness, kidney disease, and amputation. Making healthy food choices, exercise, glucose monitoring and taking medications correctly will help you prevent these complications.



**Attend our monthly Diabetes Self-Management Seminar to learn more about diabetes and how to properly manage it.**

**Where: Fox Army Health Center**

**When: 3rd Thursday of every month**

**Time: 0745 – 1600**

**Audience: Free to anyone with Arsenal access**

**Contact the Wellness Clinic 256-955-8888 ext 1440**