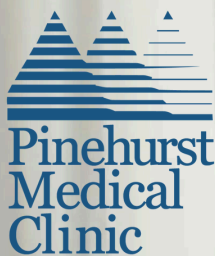


WANT TO LOWER YOUR A1C?



ASK US HOW!

PINEHURST MEDICAL CLINIC OFFERS DIABETES EDUCATION CLASSES, AN EVIDENCE-BASED APPROACH TO HELP LOWER YOUR A1C. LED BY REGISTERED DIETITIANS AND CLINICAL PHARMACIST.

WHO: anyone with a diabetes diagnosis

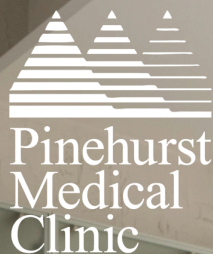
WHAT'S COVERED:

- Healthy eating and being active
- Understanding your medications
- Problem solving high and low blood sugars
- Taking care of your heart, kidneys, eyes, and feet
- Healthy coping and stress management
- Glucometer and Continuous Glucose Monitor (CGM) training

DIABETES EDUCATION IS OFTEN A BENEFIT THROUGH MOST INSURANCES. GIVE US A CALL TO CHECK YOUR BENEFITS!

910-235-3347

WANT TO LOWER YOUR A1C?



ASK US HOW!

ADDITIONAL OPPORTUNITIES FOR INDIVIDUALIZED RECOMMENDATIONS FROM A:

- Registered Dietitian
- Clinical Pharmacist
- Professional Counselor

WHEN TO PARTICIPATE:

- New diagnosis
- Elevated A1C
- Change in health status or treatment plan
- Development of new complications
- Annually

WHERE: Moore and Lee County

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