

HealthReach Diabetes Boot Camp Group Education

Phone number: 603-926-9131

Diabetes Boot Camp Group Education gives you skills to self-manage your diabetes for LIFE.

WHO can benefit from Diabetes Boot Camp? If you are:

- Newly diagnosed with diabetes
- Interested in better blood glucose control
- Having difficulty managing diabetes
- Trying to avoid complications associated with diabetes

WHAT will I learn from Diabetes Boot Camp?

- **Class 1 -- Healthy Coping, Being Active and Healthy Eating**
 - Overview of diabetes, safe exercise guidelines, meal planning and stress management
- **Class 2 – Taking Medications, Monitoring, Problem Solving and Reducing Risks.**
 - Medications and monitors used to manage diabetes. Problem solving discussion. Ways to reduce risks associated with diabetes such as foot care and preventing chronic complications. Creation of plans to help you meet your personal goals.

WHERE is Diabetes Boot Camp located?

- **Hampton—HealthReach Diabetes, 881 Lafayette Rd., Ste G & H, Hampton NH**
- **Exeter— 4 Alumni Dr., Exeter NH**
- **Plaistow—Core Physicians' Plaistow Health, 24 Plaistow Rd., Plaistow NH**

WHEN are the next Boot Camps?

- **Hampton *August***
 - **Class 1 August 1st and Class 2 August 15th, 1:30pm to 3:30pm**
- **Exeter *August***
 - **Class 1 August 1st and Class 2 August 15th, 9:30am to 11:30am**
- **Plaistow *September***
 - **Class 1 September 12th and Class 2 September 19th, 4:30pm to 6:30pm**