

# You Can Thrive during the Holidays!

Take charge of your diabetes this holiday season with FREE diabetes classes.

*Join us...*

In a series of six, FREE classes, you will learn:

- How diabetes affects your body and your overall health
- Healthy eating habits while still enjoying food
- Skills for staying healthy
- How to be an engaged member of your health care team as you continue to work with your doctor and diabetes educator

*Plus, you will have a lot of fun!*

To register, contact Cathy Colwell  
at (907) 561-3202 or [ccolwell@mpqhf.org](mailto:ccolwell@mpqhf.org).



*Begin managing your diabetes  
one step at a time!*

**Anchorage Senior  
Activity Center  
1300 E. 19<sup>th</sup> Ave.  
Tuesdays  
Nov. 13, 20 & 27  
and Dec. 4, 11 & 18  
1:00 to 2:30 PM**

*These classes are  
designed for Medicare  
beneficiaries, but all are  
welcome to come have  
fun and learn!*



**Quality Improvement  
Organizations**  
Sharing Knowledge. Improving Health Care.  
CENTERS FOR MEDICARE & MEDICAID SERVICES



**Mountain-Pacific**  
*Quality Health*



Everyone with Diabetes Counts

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