

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.



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



Mountain-Pacific
Quality Health



Everyone with Diabetes Counts

Developed by Mountain-Pacific Quality Health, the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Montana, Wyoming, Alaska, Hawaii and the U.S. Pacific Territories of Guam, and American Samoa and the Commonwealth of the Northern Mariana Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contents presented do not necessarily reflect CMS policy. 11SOW-MPQHF-AK-B2-18-26



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

**Mountain-Pacific
Quality Health**
4241 B St., Suite 101
Tuesdays
Nov. 13, 20 & 27
and Dec. 4, 11 & 18
5:30 to 7:00 PM

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