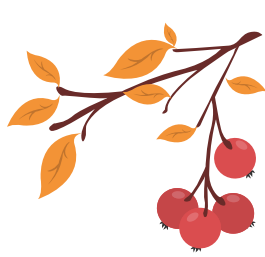




DIABETES SELF-MANAGEMENT



HOLIDAY SPECIAL



OCTOBER 7, 14, 21

12-2PM AT RFGH

Call Redington Endocrinology at (207) 858-8216

to sign up **before 9/30/25**

Topics covered by the Registered Nurse will include:

October 7th

- What is diabetes? How is it treated?
- Emotional health and how to cope during holiday gatherings
- Healthy lifestyle change

October 14th

- Medications
- Noticing and treating serious complications
- Preventing and treating long-lasting complications

Topics covered by the Registered Dietician will include:

October 21st

- Carb counting with a free provided lunch
- What are macronutrients? Why are they important?
- Tips for healthy eating
- Artificial sweeteners and alcohol
- Problem-solving for the holidays