

BE A DIABETES A.C.E.

(ACTIVE. CONFIDENT. EDUCATED.)

Join us to develop effective strategies to enhance your diabetes control and review practical tips you can use in your everyday life.

Register early – space is limited!

If you, or a friend, or loved one have type 1, type 2 or prediabetes, you don't want to miss this event hosted by the UK Barnstable Brown Diabetes Center. Our highly qualified experts will walk you through how you can live your best life while managing diabetes. **Be a Diabetes A.C.E.** is designed for people both with a newer diagnosis of diabetes as well as those who have had diabetes for many years.

Session content:

- Learn practical tips to eat healthy, deal with stressful situations, manage your medications and be more active.
- Participate in safe exercises that you can replicate at home.
- Learn about the latest medications for treating diabetes.
- Develop strategies for coping with diabetes.
- Learn about glucose sensors, insulin pumps and other state-of-the-art technologies.

If you have questions about diabetes, don't miss this opportunity to meet and interact with UK HealthCare's diabetes experts.

A healthy lunch will be provided.

Class date

July 31, 2024
8:30 a.m. – 2:00 p.m.

This event will be FREE.

Location

Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504

Free parking is available. Enter through back doors.

Registration

Spaces are available on a first-come, first-served basis. Registration is required. To register, please scan the QR code or call **859-257-5582**.



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 **Cooperative Extension Service**



CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.