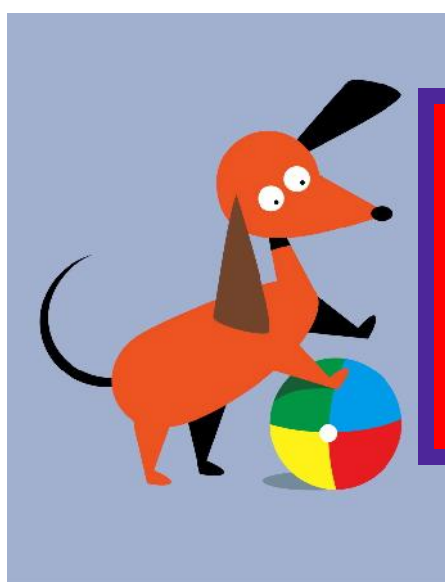


**Diabetes
Resource
Workshop 2012**



With **DIABETES**, WE must have the **RIGHT FRAME** of MIND to **STAY** on the **BALL**

F	<u>F</u>OOD
R	<u>R</u>ESOURCES
A	<u>A</u>CTIVITIES
M	<u>M</u>EDICATION
E	<u>E</u>DUICATION



B	<u>B</u>LOOD PRESSURE
A	<u>A</u>1 C (3-month report card)
L	<u>L</u>IPIDS (blood fats)
L	<u>L</u>IFESTYLE