

# On the Road to Living Well with Diabetes

## Do you have diabetes or pre-diabetes?

Take charge of your health and your own diabetes care.

### Benefits for participants:

- Learn about the five most important tests for diabetes
- Learn how to discuss test results with your healthcare provider
- Learn to prepare healthy meals for you and your family
- Learn why it is important to be physically active

For more information or to sign  
up for a class call Lourdes Olivas at  
**575-646-5763**



**Blood  
Pressure Test**

**A1-C  
Test**

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