

Take Charge

Diabetes Information and Nutrition Wellness Class

As your company's partner in health, Capital Blue Cross is pleased to offer "Take Charge", a six-session education program that can empower you to live healthy by making smart dietary decisions and positive lifestyle changes.

Take Charge, led by a Capital Blue Cross Registered Dietitian, is for EVERYONE, and particularly those with diabetes or pre-diabetes, high-risk individuals, and relatives of family members living with diabetes.



The program consists of the following one-hour classes:

CLASS 1-on-site

LUNCH provided
All About Diabetes

CLASS 2-virtual

**Nutrition and
the Food Label**

CLASS 3-virtual

Carbohydrate Counting

CLASS 4-virtual

**Measuring and
Meal Planning**

CLASS 5-virtual

**Food Preparation and
Grocery Shopping**

CLASS 6-virtual

Review

Date: _____ **Time:** _____ **Location:** _____

Deadline to register for the class is August 30th, please visit:

[CapitalBlueCross.com](https://www.CapitalBlueCross.com)



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HEW-22 (02/10/22)