

Attend a free Insulin Forward Education Series and learn the following:

Class 1: Thursday
January 12, 2012
3:00 PM - 6:00 PM



Diabetes Basics

Understand the disease, learn about insulin, and find out what is happening in your body.



Glucose Monitoring

Enhance your overall health by keeping a closer eye on your blood glucose levels.



Nutritional Considerations

Get an introduction to carb counting, and discover how the right foods can make you healthier.

Class 2: Thursday
January 19, 2012
3:00 PM - 6:00 PM



Balancing Carbs and Insulin

Learn how to control your glucose levels by using insulin-to-carbohydrate ratios and insulin sensitivity factors.



Intensive Therapy and Glucose Monitoring

Find out how the most powerful insulin management strategies and tools can help you.

Diabetes Educator:



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Signup for free classes at:
www.InsulinForward.com

