

## Indiana Women's Diabetes Initiative



Funded by a grant from the Indiana State Department of Health the Women's Diabetes Navigation Initiative is a new service available in Elkhart County through the Elkhart County Health Department. The program is available to women 18 years or older diagnosed with type I or type II diabetes. Participants in the diabetes navigation service can set one or more of the following goals...

- + complete formal diabetes education
- + attain an annual A1c test
- + annual dilated eye exam
- + annual foot exam
- + annual dental exam
- + daily self blood glucose monitoring
- + maintain healthy weight
- + get moving . . .

For more information or to participate please call Diabetes Navigator, Monica Brooks, (574) 523-2171.

Hablo español.