



# Diabetes Group Class

## JOIN TODAY!


**DMC**   
PRIMARY CARE




Allison Moore,  
PA-C, CDCES



Erica Damon, MS,  
RD, LDN, CDCES



Victoria Overko, MS,  
RDN, LDN



Mary Beth Torosian  
RN, CDCES

### IF YOU HAVE DIABETES OR PRE-DIABETES, GET READY TO BE MOTIVATED!

This 6-week group class will give you the tools you need to get on a path to better health. With support from DMC providers who specialize in Diabetes management, you will learn important info about:

- What your "numbers" mean
- Meal and snack planning
- Goal setting
- Exercise & weight loss
- The latest Diabetes technologies
- Diabetes medication options

*NEXT SESSION  
STARTS SOON AND  
RUNS EVERY MONDAY  
FOR SIX WEEKS  
2/9 - 3/16* →

**Monday, February 9  
5:15 PM – 7:15 PM**

**6 Tsienneto Road, Derry  
Suite 301 (Third Floor)**

Classes include 1:1 medical consultations with Allison Moore, PA-C and personal nutrition counseling. Class size is 12-14 students. DMC reserves the right to cancel any session due to lack of enrollment.

**CALL TODAY TO RESERVE YOUR SPOT! 603-537-1300**