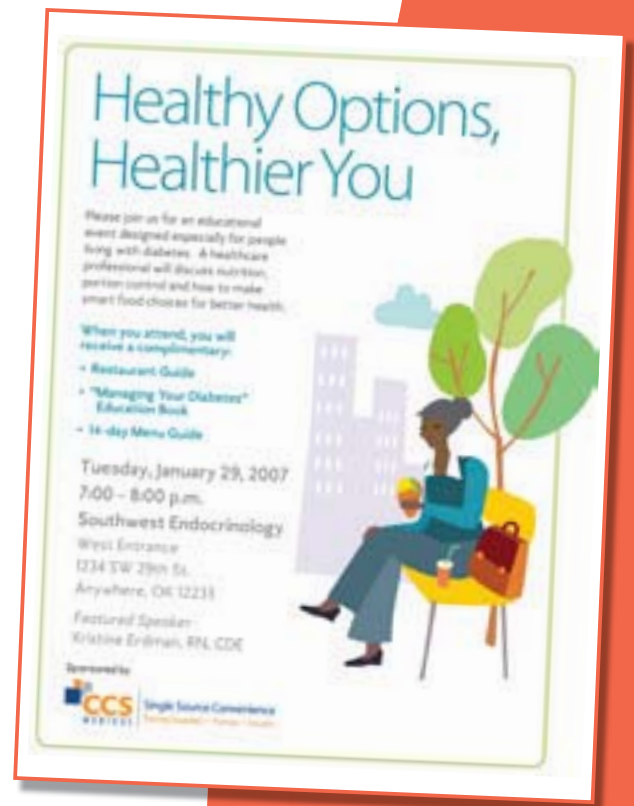


Introducing...

# Healthy Options

## COGIC Diabetes Education Program

- This **1 hour educational program** is designed especially for people living with diabetes
  - Delivered by a Diabetes Educator for a group of patients in a physician office or clinic setting
- Our program discusses **calorie counting, portion control and making healthy food choices**
- Motivates patients to understand **how their food choices can affect blood sugar**
- Patients receive:
  - ✓ **14-day Calorie-Specific Meal Plan**
  - ✓ **Healthy Options Restaurant Guide**
  - ✓ **Educational Materials**



Flyer



**Call COGIC HEALTH today & schedule your Nutrition Program, 1-866-794-9129!**

[www.COGICdiabetes.com](http://www.COGICdiabetes.com)