

# Take Control of Your Diabetes: An Empowered Living Program

An Englewood Health **Live Well** Program in collaboration with  
Save Latin America, Inc

## FREE PROGRAM!

September 23<sup>rd</sup> - December 16<sup>th</sup> from 6-7pm (every other Wednesday)



A **free** 3-month **virtual program** led by an expert team focused on supporting individuals with **type II diabetes** in making informed, sustainable lifestyle changes to reduce blood sugar levels and better manage diabetes.

### Program Includes:

- Nutrition and diabetes education
- Continuous glucose monitors
- Healthy-home delivered meals

Receive a \$25  
supermarket gift card  
upon successful program  
completion

### FOR MORE INFORMATION OR TO REGISTER

- 📞 **Call:** 201-894-3526
- ✉️ **Email:** [populationhealth@ehmchealth.org](mailto:populationhealth@ehmchealth.org)
- ❗ **Scan the QR code** below to register
- ⌚ *Registration closes on September 11th*

**\*\*Must be 18 years or older, have type II diabetes, and have a smartphone.**

