

# Be Well

series

January 2015

## Diabetes

- **Glucose Testing and A1C | Thursday, January 8**

You use a meter to track your blood glucose day-by-day, but you also need to know if your treatment plan is keeping you healthy over time. An A1C (glycated hemoglobin) test can help by measuring your average blood glucose level over a period of months.

- **Medications | Thursday, January 15**

Along with recommended testing, diabetes can be controlled with a daily self-management routine. Learn how medications can be a part of that routine.

- **Healthy Eating | Thursday, January 22**

Being consistent in eating the right amounts of foods helps prevent spikes in blood sugar. Learn how a healthy nutritional lifestyle promotes good diabetes health.

- **Activity and Diabetes | Thursday, January 29**

Your diabetes self-management plan includes physical activity. Learn how physical activity helps control blood glucose.

**All sessions 12:15-12:45 p.m.,  
The Meeting Room @ Rolfs Sports Rec Center**

A program of the Notre Dame Wellness Center, in collaboration with the Office of Human Resources, Food Services, and Office of Recreational Sports. Available to all full-time benefit-eligible faculty and staff.

Space is limited. To RSVP, call askHR at 574-631-5900.

The Notre Dame Wellness Center is operated by Take Care Health Systems. Patient records are confidential as required by federal law. Visit [hr.nd.edu/benefits/NDWC/privacy](http://hr.nd.edu/benefits/NDWC/privacy) for more information.

