



AMERICAN INSTITUTE
OF HEALTHCARE & FITNESS

DIABETES MANAGEMENT & TREATMENT

A HEALTH, WELLNESS, AND EDUCATION SERIES

Tuesday Evenings: 6:30 pm - 8:00 pm beginning April 8th

*at American Institute of Healthcare & Fitness
Conference Center – Garden Level
8300 Health Park, Raleigh NC, 27615
www.aihf.net*

Have you or a family member been diagnosed with diabetes?

Would you like to learn more about diabetes management & treatment?

Become part of a unique group of individuals who will gain direct contact with healthcare providers & physicians.

Seminar Topics:

- Understanding the progression of diabetes and treatment management
- Nutrition & Exercise
- Medication
- Behavioral changes
- Support

Space is limited
Register by Friday, April 4, 2008

To register contact
Beth Glueck at glueck@carolinaperformance.net or call
(919) 676-9699 ext 6

There is no fee for this seminar series. In return, we ask that you make a commitment to 7 sessions. Come with a curious mind, a positive attitude, and a willingness to learn.

Schedule of topics:

Tuesday April 8, 2008:

Topic: What is Diabetes? Disease Concept Overview
Carolina Family Practice & Sports Medicine

Tuesday April 15, 2008:

Topic: The Role of Healthy Eating in Diabetes Management
Healthy Diets

Tuesday April 22, 2008:

Topic: The Importance of Medication Management & Blood Glucose Monitoring
Health Park Pharmacy

Tuesday April 29, 2008:

Topic: Common Orthopaedic Maladies in the Diabetes Patient
Triangle Orthopaedic Associates
Topic: Physical Therapy Considerations for the Diabetic Patient
Sports & More Physical Therapy

Tuesday May 6, 2008:

Topic: The Importance of an Exercise Program
Healthtrax Fitness & Wellness

Tuesday May 13, 2008:

Topic: Charting a Course for Change
Topic: Emotional Impact of Coping with Chronic Illness
Carolina Performance

Tuesday May 20, 2008:

Topic: Series Overview
Carolina Family Practice & Sports Medicine

Directions to American Institute of Healthcare & Fitness

From RDU Int'l Airport: Airport Exit becomes Terminal Blvd. Go 0.2 miles, take the ramp toward US-70/Aviation Pkwy West. Merge onto Aviation Parkway, go ~1 mile. Merge onto I-540 N toward US-70. Go ~ 9 miles, take the Six Forks Road - South exit (Exit 11). Go south on Six Forks Road ~ 1 mile. Turn right on Forum Drive (at the Chick-Fil-A). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

North from the Town of Wake Forest: Take Capital Blvd./US-1 South toward Raleigh. Go ~ 7 miles on Capital Blvd. and merge onto I-540W. Go ~ 5 miles, take Six Forks Road exit (Exit 11). Turn left onto Six Forks Road. Go south on Six Forks Road ~ 1 mile. Turn right on Forum Drive (at the Chick-Fil-A). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

South from the Town of Sanford: Take US 1 North into Raleigh. Go ~ 39 miles on US 1 North. Take Six Forks Road - North exit (Exit 8B). Go north on Six Forks Road ~ 4 miles. Turn left on Forum Drive (after the water tower). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

East from the Town of Knightdale: Take US 64 West into Raleigh. Take the I-440 North/Outer Beltline ramp toward Wake Forest. Go ~ 5 miles and take the Six Forks Road - North exit (Exit 8B). Go north on Six Forks Road ~ 4 miles. Turn left on Forum Drive (after the water tower). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

West from the City of Durham: Take I-40 East or US-70 South into Raleigh. Merge onto I-540 North. Take the Six Forks Road - South exit (Exit 11). Go south on Six Forks Road ~ 1 mile. Turn right on Forum Drive (at the Chick-Fil-A). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

