



**BlueCross BlueShield  
of New Mexico**



## DIABETES 101

**Date:** Monday, November 17

**Time:** 8:30 a.m. and 3:45 p.m.

\*Only 15 minutes each session

[Register Here](#)



### **We will learn about:**

- What is diabetes
- Symptoms of diabetes
- Treatments and guidelines for managing
- Daily steps you can take for prevention and management