



Painless blood sugar testing is available with the Genteel lancing device

Managing Diabetes is Not Easy

Diabetes is serious and widespread. Most people who are diagnosed have concerns, such as:

- *I am so confused about what I should eat or not eat.*
- *What do my blood sugar numbers really mean?*
- *How can I prevent the complications associated with diabetes from developing?*

Diabetes Classes at Topeka Pharmacy

provide practical answers based on the latest science. Develop confidence and peace of mind as you manage your diabetes from day to day.

How to Get Started

Referral & Insurance

Your doctor may send a referral or we can ask for the referral if you are interested in classes. Medicare and other insurance usually help pay for classes.

Plain Church Discount

We are contracted with the Plain Church Group Ministry, LLC.

Contact Us:

TOPEKA PHARMACY

101 N Main St., PO Box 157

Topeka, IN 46571

Phone: 260-593-2252

Toll Free: 800-528-3279

Fax: 260-593-2150

Diabetes Educators:

Hannah Smith, Pharm D

Connie Lehman, RD, CDE

Resident Pharmacists



*Topeka Pharmacy, 101 N Main St
Topeka, Indiana 46571*

DIABETES CLASSES AT TOPEKA PHARMACY

*Accredited by American
Association of Diabetes
Educators*



Diabetes Classes can be one-on-one or small group classes.

Diabetes Classes

at Topeka Pharmacy provide the facts, support & encouragement you need to control your blood sugar levels.

Studies prove again and again that people with diabetes who control their blood sugar have FAR FEWER serious complications, saving you pain, expense and worry.

THE GOOD NEWS OF DIABETES SELF-MANAGEMENT:

You *can* manage your diabetes well

You *can* control your blood sugar, with the right facts and support.

Well-Managed Diabetes is the leading cause of... Nothing!

Behavioraldiabetes.org

You *can* learn to balance eating

Everyone can learn to balance their eating and control their blood sugar levels, without being hungry, and including foods you like!

You will be amazed at how much better you can feel

Take the burden of anxiety off of your shoulders! Our classes provide what you need to increase confidence and peace of mind in managing diabetes.



Eating healthy foods helps fuel well-managed diabetes

Our Classes Give You Results!

The average A1C for patients who finish our classes goes down by over 2%!

Our patients lose weight, decrease blood pressure and increase confidence in managing their diabetes!