

**Healthy Life Clinic
World Diabetes Day Program**

GOT DIABETES - THINK HEALTHY LIFE

Diabetes is difficult, and not everyone is able to or have the support to manage this disease effectively. We all know that Awareness is a big part of taking control. Over the years our large scale awareness programs has been much appreciated, and it does create improvements in individual's behaviour. However at Healthy Life Clinic we don't stop there, and we are constantly thinking of innovative ideas to bring about changes in patients motivation and behaviour in order to improve diabetes management, detection and prevention.

Hence this year's program is tailored to do just that. Please read on for details of our program

- Healthy Life celebrates world Diabetes Day throughout the month of November.
- Daily blood sugar assessment (free)
- Individual consultations with Consultant Physician/ Endocrinologist/ GP / Paediatrician for diabetes management, detection or prevention and obesity management (only by prior appointment – booking fee will be taken)
- Individual discussions with diabetes educator nurse on diet, and lifestyle issues. (Free)
- Diabetic snacks
- Opportunity to interact with other diabetic patients who have successfully overcome diabetes.
- Month long discounts on diabetes and medical checkups, annual memberships and lab tests.

*Program may vary from day to day.

Healthy Life Clinic in Jaffna, in collaboration with Jaffna Teaching Hospital. Sponsored by Vasantham TV

**Fellowship Dinner with Guest Speaker

For members + spouses, staff , consultants, directors, media

Guest speaker – Prof Chandriga Wijeratne**

Video of Healthy Life Clinic

Pledge your support to diabetes care

** subject to change