



AMERICAN INSTITUTE
OF HEALTHCARE & FITNESS

AIHF RALEIGH

DIABETES MANAGEMENT & TREATMENT A HEALTH, WELLNESS, AND EDUCATION SERIES



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 Diabetes seminar series for patients, family, and friends to learn more about:

- Progression of diabetes and treatment management
- Nutrition & Exercise
- Medication
- Behavioral changes
- Support

Thursday Evenings
March 19 – April 23, 2009
6:30 pm – 7:30 pm

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

There is no fee for this seminar series, however, space is limited.
Register by Friday, March 13, 2009.

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

DIABETES SEMINAR SERIES SCHEDULE OF TOPICS

Thursday March 19, 2009:

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

Thursday March 26, 2009:

Topic: Acceptance and Making Changes
Carolina Performance
Topic: The Importance of Exercise
Healthtrax Fitness & Wellness

Thursday April 2, 2009

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

Thursday April 9, 2009:

Topic: Lifestyle Changes and Coping with Stress
Carolina Performance

Thursday April 16, 2009

Expert Panel on Diabetes Management
Sports & More Physical Therapy, Triangle Orthopaedic Associates, Raleigh Institute for General & Aesthetic Dentistry

Thursday April 23, 2009

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.

