

No Out-of-Pocket Cost  
Call us today to get started!



### How can this program help me with my diabetes management goals?

Having the right tools and support team can help you better control your diabetes. During our 6-week program, you will have access to a team of providers and community health workers that are dedicated to helping you take back control of your health and improve your quality of life. **Call one of your Community Health Workers today** and see if this program is right for you!

Community Health Workers  
Call us today to get started:

Bree Blake: 928-645-6624  
Mallory Williams: 928-645-6625

## Who We Are

A Community Partnership offering members of the Page and Chilchinbeto communities, tools and resources to help improve their diabetes management.

### Canyonlands Healthcare Clinic Partners:

**Canyonlands- Lake Powell Medical Center**  
Phone: 928-645-8123  
Address: 467 Vista Ave, Page, AZ 86040

**Canyonlands Urgent Care**  
Phone: 928-645-1700  
Address: 440 North Navajo, Page, AZ 86040

**Canyonlands Chilchinbeto Clinic**  
Phone: 928-697-8154  
Location: Chilchinbeto Chapter House Complex

### Partnership Contact Information:

**Lake Powell Physical Therapy**  
Phone: 928-645-5780  
Address: 39 6<sup>th</sup> Avenue, Page, AZ 86040

**Page Eye Center**  
Phone: 928-645-2772  
Address: 420 North Navajo, Page, AZ 86040

**Chilchinbeto Chapter House**  
Phone: 928-697-5680



Chilchinbeto Chapter House



# PAGE AND CHILCHINBETO DIABETES EDUCATION PROGRAM

IT'S TIME TO TAKE BACK CONTROL OF YOUR HEALTH.  
LET'S DO IT TOGETHER!



## Canyonlands Clinical Pharmacy Team Consultation

- Individual focus and planning for your diabetes.
- Medication review and optimization.
- How to test blood sugar and understand the results.
- Personalized education about diabetes and lifestyle recommendations.
- Education about diabetic complications and preventative measures.



## Diabetic Eye Exam with Page Eye Center

Participants of this program will receive an eye exam that uses advanced technology to diagnose Diabetic Retinopathy including:

- Dilated comprehensive eye exam.
- Ultra-Wide Field Retinal Imaging.
- OCT Technology.

Through early detection, Diabetic Retinopathy can be prevented.

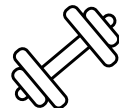
## Enrolling in this program will give you access to:

- **The Canyonlands Clinical Pharmacy Team**
- **A Comprehensive Diabetic Eye Exam with Page Eye Center**
- **Weekly Exercise Classes**
- **Chronic Disease Management Classes**
- **A special partnership with Chilchinbeto Chapter House**
- **Weekly participation incentives to help you stay on track**

## Exercise Classes with Lake Powell Physical Therapy

Exercise is a great way to help manage your diabetes. It helps:

- Regulate blood sugar.
- Reduced the need for medications.
- Improve your cardiovascular health.
- Strengthen your muscles and bones.



Weekly exercise classes, led by a Lake Powell Physical Therapy Specialist, will give you the tools and confidence to achieve your physical activity goals.



## Chronic Disease Management Classes with Canyonlands Community Health Workers

A 6-week course, taught by a certified leader. Using an evidence-based teaching model, you will learn the basics of healthy eating, exercise, communication and emotional empowerment.



## Chilchinbeto Chapter House

We partnered with the Chilchinbeto Chapter House to offer Chilchinbeto Community Members:

- Virtual Clinical Pharmacy Consults at the Chilchinbeto Canyonlands Clinic.
- Access to a weekly exercise class with a program designed just for our participants.
- Our 6-week Chronic Disease Self-Management Course.
- A comprehensive diabetic eye exam in Page with Page Eye Center.