



Healthy is knowing your body.

Gestational Diabetes can effect anyone.

It can impact the health of you and your baby if it is not properly managed. If you have been diagnosed with gestational diabetes or elevated blood sugar in pregnancy, you are not alone. About 7 out of 100 pregnant women will develop this condition.

ECHN's Gestational Diabetes Program provides education and support to help you learn how to keep your blood sugar in a safe range so that you and your baby stay healthy throughout your pregnancy.



In-person classes are Thursdays, 9:00 a.m. - 11:30 a.m.

As a part of the ECHN Gestational Diabetes Program, you will be able to attend a group class to learn:

- How Gestational Diabetes affects a mother and the baby
- The how, what and when of healthy eating
- How to test your blood sugar
- How to control your blood sugar levels
- The role exercise plays in reducing your risks
- What to expect after pregnancy

Did you know? About 50% of women with gestational diabetes go on to develop type 2 diabetes. However, there are steps you can take to prevent it. If you have had gestational diabetes and are not currently pregnant, you qualify for our year long lifestyle change program to prevent type 2 diabetes.

If you or a loved one has been diagnosed with Gestational Diabetes, contact your OBGYN to request a referral to our program or contact us by phone at **860.647.6824**

Learn more about Gestational Diabetes.

echn.org/gestational-diabetes

