

# LEARN MANAGE THRIVE



The White-Wilson Diabetes and Nutritional Care Clinic is here to help improve your overall health and prevent and manage disease. For adult participants, we offer individualized programs and small group classes that enable you to better understand risk factors and how day-to-day choices can have a big impact on your quality of life.

**To learn more or enroll call:**

**850.863.6600**



**WHITE-WILSON**  
MEDICAL CENTER, P.A.

Learn more at [white-wilson.com/nutrition](http://white-wilson.com/nutrition)



## About Our Program

Programs are led by our highly-trained staff and tailored to meet each participant's personal goals - no matter their age, gender or activity level. We create an environment that is comfortable, informative, fun and, most importantly, life-changing. These programs are covered by most insurance plans, with little to no out-of-pocket expense for participants.

### Topics Include:

**Diabetes Management**

**Weight Loss and Management**

**Goal Setting**

**Risk Reduction and Lifestyle Changes**

**Understanding Nutritional Guidelines**

**Medication Management**