Transforming the REZ

Stop saying tomorrow, start now, and start a new you today!

Will it be easy? Nope. Will it be worth it? Absolutely. The only one who can tell you, “you can’t” is YOU, and you don't have to listen!

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Leech Lake Diabetes Clinic
119 Aspen Ave. Hwy. 371 (Physical Address)
115 Sixth St. NW Suite E (Mailing Address)
Cass Lake, Mn. 56633

Toll Free 1.800.282.3389 Ext. 4511
Or
218.335.4511
Fax 218.335.4541

Leech Lake Fitness Center
218–335–2081

*See back for details.
We are going on our fourth year with our Transform Rez Campaign which has been to help manage your Diabetes Care with education, diabetes prevention, and management. We have offered many tools to help you and/or your families stay healthy. Now we would really like to have everyone utilize the things we have to offer. Take a good look at yourself, your family members what is it that you need help with let us know we are here for you to use us in whatever way we can to help your life be a better one for the coming year. Look for our monthly calendar to check out what our team has to offer you. We want people to start setting goals for themselves for whatever you think you might need help in doing to make your life a better one! Call our Leech Lake Diabetes Clinic for more information about any questions you may have for us! Here’s our line up of events for this month:

**Support Group** – Tuesday, April 16th from 3:30pm-4:30pm at the Diabetes Clinic

**Diabetes Self Management Education**– (DSME) is available from Certified Diabetes Educators (CDE) and a Registered Dietician to learn about diabetes, testing blood sugars, healthy eating and foods, medicines and more. Please call the clinic of your choice to schedule an appointment—**Bemidji** 444-7186; **Ball Club** 246-2394; **Inger** 659-2764 **Onigum**, 10:00—2:00 Can call LLDC for appt. or walk-in

**Late Clinic**— Cass Lake Diabetes Clinic Extended Hours. The extended hours will be till **6:30 PM on Tuesdays** to see Marsha Kaehne, NPC and Mark Bostrom, MD. Also available by appointment are Kara Randall, RN CDE, Carole Forseman RN CDE, and Jessica Carter RD. To schedule an appointment call (218) 335-4511 or 1-800-282-3389 ext. 4511

**Boot Camp**— Tuesdays, 12pm—1pm at the Facility Center Gym. This is a head to toe work out incorporating body weight exercises, core work, cardio and weight training.

**Lunchtime Circuits** – **Mondays & Thursdays, 12pm**, 24 minutes of full body strength and toning circuit. at the Facility Center Gym. Can be preformed at a low, medium or high intensity level.

**Absolutely COREific**— **Wednesdays at 12pm at the Facility Center Gym**. A variety of exercises to help train and tone your entire core.

**C 3**– Fridays at 12pm in the Facility Center Gym. Cardio Circuit Core! Come train all your core muscles in a fast paced circuit format.

*Don’t forget to get your achieve your goals and get your cards signed for some T Rez clothing or some incentives. LLDC now has Transform Rez sweat pants, sweat shirts, and shorts for a completed goal. Get a Goal card at any of your diabetes management appointments. Good luck and enjoy!

Transforming the Rez one person at a time...