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Marketing Description:

ADULT DIABETES & NUTRITION EDUCATION (SELF MANGEMENT) TOOLS: "What Can I Eat?" & "Are You in Control?" are 16 page fun & interactive puzzle work books (Discussion Books™) that cover the American Diabetes Association's 10 content areas of Diabetes care with a special emphasis on nutrition. Tools offer an innovative approach to understanding & living healthy with diabetes. Topics covered include: Identifying which foods contain fiber, carbohydrates, proteins & fats, Diabetes terminology, Healthy Fast Food Choices, Healthy Habits for Diabetics, Restaurant Ordering tips & more. (Both books are available in English and Spanish.) **There is a version of "What Can I Eat?" (20 pages) designed for the Diet and Culture of India. We believe our tool for India is the first pre-diabetes/diabetes tool specifically designed for people from and in India. (The Indian population has the highest rate of diabetes in the world).**

Wellness Description:

It is a constant struggle for people with diabetes to balance eating, checking blood sugars, exercising and often taking medications in order to maintain good blood sugar control. Success depends in part on motivation and knowledge. Potluck Puzzle Discussion Books™ offer a positive means for people to help manage their diabetes. Not only do people enjoy these tools; but they will want to share them with friends and family. Potluck Puzzles drive home important educational topics and allow people to learn in a fun environment.

If you have heard of or use **Conversation Maps®** you should be interested in using Potluck Puzzle Discussion Books™. Discussion Books™ are easy to use, take up minimal office space and can be used not only in the classroom setting but as a practical tool for one on one visits in an office setting. Potluck Puzzles' first Discussion Books™ take on the topic of Diabetes, offering a fun, interactive education tool.

Potluck Puzzle Books were created by a Registered Dietitian who saw a need for a colorful, picture-filled education tool that would create a positive patient attitude towards living with diabetes; thus promoting patient confidence and enthusiasm. These puzzles address diabetes management and nutrition and help patients make good choices.

Potluck Puzzle Books provide an innovative approach to adult inpatient/outpatient education, family education, support groups, wellness programs and are a great marketing tool for health fairs, special promotions such as National Diabetes Month and any company dealing in diabetes.

Health care providers love Potluck Puzzles because they

- Are full of colorful and fun images which capture a patient's interest
- Are effective in creating an interactive learning environment
- Are an efficient way to assess which topics need to be covered in more depth
- The ADA's 10 content areas for learning about DM are reinforced

People with diabetes love Potluck Puzzles because they

- Are fun, colorful and interactive
- Directly address commonly asked questions
- Are empowering and increase self confidence about diabetes knowledge
- Have a strong emphasis on nutrition