



**TAKE CHARGE OF TYPE 1 DIABETES AND THRIVE WITH BALANCE DIABETES WELLNESS**

At Balance Diabetes Wellness, we're here to help you thrive. Our holistic program is designed specifically for Type 1 Diabetes (T1D), providing expert guidance from professionals who understand your journey—because they live it too!

Whether it's mastering blood sugar control, smashing fitness goals, or living without constant worry, we offer the tools and support you need to succeed.

**OUR COMPREHENSIVE T1D MANAGEMENT PROGRAM INCLUDES:**

**1. Personalized Coaching & Education**

- Learn from T1D experts through interactive, practical lessons tailored to your needs.

**2. Smart Blood Sugar Management**

- Decode your blood sugar patterns gaining confidence in managing highs and lows.

**3. Custom Nutrition & Activity Plans**

- Enjoy delicious, blood sugar-friendly meals and workouts that fit into your lifestyle.

**4. Life Without Limits**

- Navigate dining out, traveling, and everyday life with ease and confidence.

**5. Emotional & Mental Well-being**

- Receive mental health support to overcome stress, burnout, and anxiety.

**6. In-depth Health Assessments & Tailored Care**

- Address gut health, hormone imbalances, and more for comprehensive well-being.

**WHAT YOU'LL ACHIEVE:**

- ✓ **Blood Sugar Stability:** Confidently manage highs and lows with ease.
- ✓ **Fitness & Wellness Goals:** Achieve sustainable weight loss and fitness milestones.
- ✓ **Freedom:** Live an active, worry-free life without limits.
- ✓ **Emotional Resilience:** Build a positive mindset to tackle T1D stressors.

**HOW TO BEGIN:**

Book your free consultation call by scanning the QR code and take the first step towards empowered living.



**MORE INFORMATION**



817-518-7239



100% Online



<https://balancediabeteswellness.org/>