

Tanner Clinic's **Certified Diabetes Educator**,  
Cindy Johnston, MSN, RN, CDE can teach you how to:

- Know about diabetes including diagnosis, treatment and lifelong management
- Understand how to use diabetes devices, such as blood glucose meters, insulin pens, insulin pumps and continuous glucose monitors
- Plan healthy meals and snacks using carbohydrate counting
- Monitor blood glucose and learn how to interpret and appropriately respond to the results
- Understand how diabetes medications work
- Become aware of general care for preventing diabetes related complications.

Learn more at [tannerclinic.com/specialty/nutrition-resources](http://tannerclinic.com/specialty/nutrition-resources)

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**Cindy Johnston, CDE**

To make an appointment please call  
**801.773.4840**