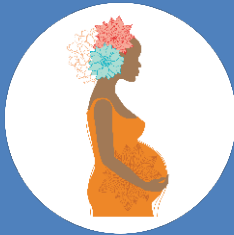


Do you have gestational diabetes?



Manage your GDM

Want extra help
to manage your
diabetes?



Get Active

Want to know
more about how to
exercise safely?



Eat Well

Confused about
what you can eat?

This is a national project to see which method is better at motivating pregnant women to adopt a healthful lifestyle

You will be given access to an in-depth website with useful resources on pregnancy and diabetes and you may receive a pedometer (step counter) and/or have a health coach to motivate you

Contact **Darlene Sola** about the *ACTIVE PATIENT GDM* study
Phone: (403) 614-9431 E-mail: dsola@ucalgary.ca