



Puzzled by Diabetes?

We can help ...



“Take Charge of Diabetes”

Free 7 -Week Program Offered to Adults with Diabetes or Pre-Diabetes

Come discover the Keys to a Happier and Healthier Life with Diabetes and learn about:

- * Managing Blood Sugar * Exercise * Managing Stress*
- * Medications * Healthy Eating and Meal Planning*
- * Carbohydrate Counting * Eye & Dental & Foot Care*

**New Classes offered January 8-February 26, 2018
From 6:00pm-7:30pm**

Class Location: Better Health 1422 Bragg Boulevard
(next to old IHOP)

Deadline to Register: January 5th, 2018

Call Patti at: 483-7534 for more information.

