

DIABETES MANAGEMENT PROGRAM

WHAT: Come meet, mingle, and share your story during FREE Diabetes Management sessions

WHO: Type 1 or 2 diabetics, Caregivers, or any one with a desire to learn about diabetes

WHERE: Turner Center Gameroom

WHEN: Every Thursday in April from 12pm-1pm

April 5th- "Basics About Diabetes"

April 12th- "How Diabetes Effects Your Body"

April 19th- "Exercise and Nutrition"

April 26th- "Nutrition and Stress Management"



Any Questions? Contact:
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