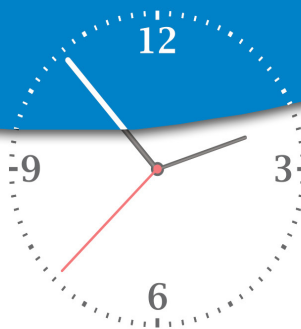


The Time Is **NOW** Take Control of **DIABETES**



Do you or someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through no-cost educational workshops. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

To participate, you must:

- Have Type 1 or 2 diabetes or pre-diabetes

Topics include:

- What is Diabetes?
- Nutrition
- The Importance of Taking Your Medications
- Keep Your Diabetes in Check
- Eyes, Teeth, Toes, and Feet—What You Need to Know

Program details:

- Begins: _____
- Six shortly weekly workshops
- Each class is a 2.5 hours
- No cost to participate!

This program is not a replacement for medical care. Participants should keep all medical appointments and follow the direction of healthcare providers.

To register, call:

