

**YOU ARE INVITED TO ATTEND LIVING HEALTHY DIABETES SELF
MANAGEMENT CLASS A FREE AND FUN SIX WEEK PROGRAM TO
HELP YOU LIVE A HEALTHIER LIFE**



**Thursday's
1:00 pm — 3:30 pm
Sept 14— Oct 19, 2017
Anne Gordon Center
1901 Spring Forest Rd
Raleigh, NC 27615
Limited space! Call today!**



***Living Healthy Diabetes Self Management
workshop will help you:***

- Learn how to manage pain or fatigue***
- Learn how to increase activity and confidence***
- Learn how to eat healthy***
- Feel better and take charge of your Life!***

**To register, contact:
Susan McGuire
919-996-4730
RaleighSC@rfsnc.org**

Take CONTROL of your Diabetes!