

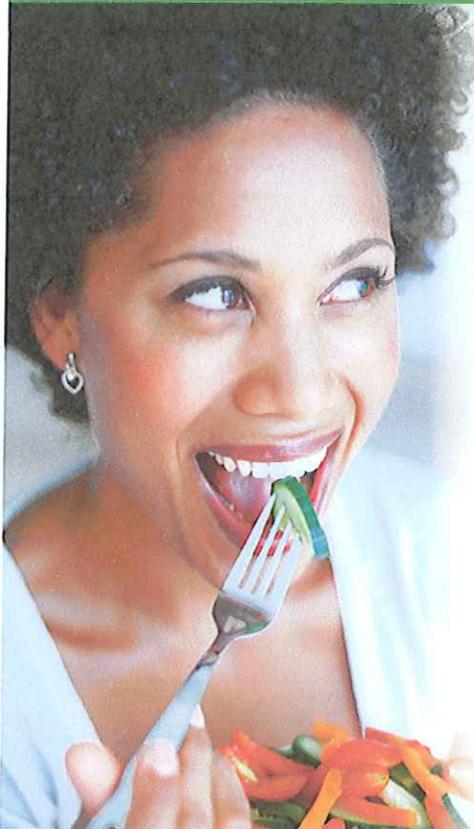


Balanced Living With

DIABETES

Supported by a grant from the Obici Healthcare Foundation

JOIN US TO LEARN MORE ABOUT EATING WELL WITH DIABETES



WHO: Anyone with Diabetes
(family members are welcome)

WHAT: 4-week education series

WHERE: Mt. Nebo Baptist Church
5738 Colonial Trail E, Surry, VA 23883

WHEN: July 29, Aug. 12, 19, and the 26th.
Reunion Oct. 28 (6:00PM-8:00PM). We encourage
you to attend all 5 classes. For 1st class please arrive
1/2 hour early.

HIGHLIGHTS:

- Manage your diabetes
- Learn healthy cooking tips
- Be more active
- Prevent complications
- Chance to win a free \$25 gift card.
- Free A1c testing
- Taste delicious recipes
- Free portion plate and measuring cups
- Make New Friends!

You will receive a tool kit with recipes, pedometer, plus A1c and blood pressure checks to support your progress!

REGISTER: CALL 800-941-4635 OR blwdevents@aol.com



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