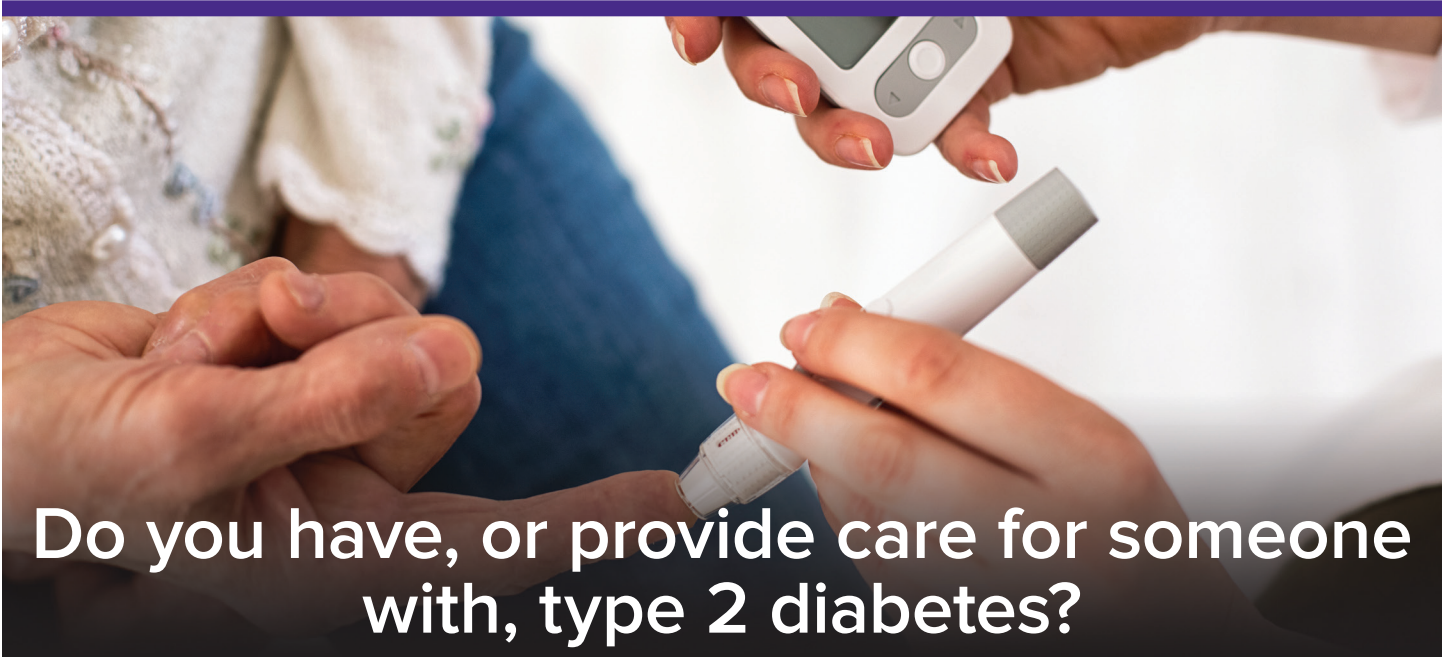


A New Way to Feel Better!



Does your type 2 diabetes make you feel tired, overwhelmed, in pain or isolated?

This program gives you the tools to feel better.

Proven benefits include:

- Lowers blood sugar and reduces nerve pain
- Less feelings of depression, anger, and frustration
- Higher energy and physical activity levels
- Better quality of life

Learn how to:

- Manage the symptoms of diabetes
- Be active for better health
- Make healthier food choices
- Talk with family, friends, and health care providers about your health

This small-group program meets **once a week, for 6 weeks.**

.....Each class is **2.5 hours.**

Signing up has never been easier.

CLASS DATE

LOCATION

COST

ORGANIZATION
NAME

PHONE

EMAIL