

DIABETES TOTAL WELLNESS SERIES

More than 1,000,000 adults and children in Georgia suffer from diabetes. Join us at the Sudie A. Fulford Community Learning Center at East Georgia State College to learn how to manage diabetes.

Four *free* sessions will be offered:

February 12 - YOU CAN STILL EAT THE FOODS YOU WANT

May 14 - MOTION'S THE POTION: HOW ACTIVITY HEALS

September 10 - RISK CONTROL FOR HEART ATTACK AND STROKE

November 12 - HOW TO LIMIT THE DAMAGE DIABETES CAN DO

Lunch and presentation: 12:00 – 1:00 p.m.

Pre-Registration is required at 289-2464.

Enrollment limit: 20

Participants attending 3 of the 4 sessions will receive a FREE diabetes screening.

Sponsored by:

