

**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**



**Wednesday's  
2:30pm — 5:00 pm  
Sept 19 — Oct 24, 2018  
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!**