

**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**



**Monday's**  
**10:00 am — 12:30 pm**  
**September 17-October 22, 2018**  
**Johnston County**  
**Health Department**  
**517 N. Brightleaf Blvd**  
**Smithfield NC 27577**  
**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:**  
**Kimetha Fulwood**  
**Kimetha.fulwood@johnstonnc.com**  
**919-989-5200**

**Take CONTROL of your Diabetes!**