

**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**



**Tuesday's
6:00 pm — 8:30 pm
Oct 9-Nov 13 2018
St. Augustine University
1315 Oakwood Ave
Raleigh, NC 27610
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:
Gwen Vinson
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919-302-1675**

Take CONTROL of your Diabetes!