

**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**



**Thursday's
9:30 am — 12:00 pm
August 30-Oct 4, 2018
UNC Wakebrook
107 Sunnybrook Road
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
gvinson@wakedocs.org
919-302-1675**

Take CONTROL of your Diabetes!