

# Living a Healthy Life \*with diabetes



Sessions meet once weekly for six weeks & registration is required. Call (219) 794-1829 x2203 for info and to register

*I felt like my diabetes kept telling me what I could and couldn't do. What I learned in the "Living a Healthy Life with Diabetes" workshop helped put me back in charge!*

**CALL NOW FOR THE FREE LIVING HEALTHY WITH DIABETES WORKSHOP NEAR YOU!**

## **Community Outpatient Clinic**

9660 Wicker Ave., St. John, IN 46373

Mondays, 12(Noon) to 2:30pm

September 16<sup>th</sup> through October 21<sup>st</sup>

