



# Learn to live FREELY with diabetes!

## ARE YOU A MEDICARE PATIENT LIVING WITH DIABETES OR KNOW SOMEONE WHO IS?

Everyone with Diabetes Counts can help you or your loved one live a healthier life. Our program offers **FREE** diabetes education classes. You will learn about:

- **Ways to control your blood sugar levels.**
- **Low-cost healthy meals.**
- **How to become more physically active.**
- **Managing your diabetes medications.**

Throughout the program, we will answer your questions and support your concerns

**When:** Six Thursdays: **8/24/17 – 9/28/17** (Aug. 24, Aug. 31, Sept. 7, Sept. 14, Sept. 21, Sept. 28)

**Time:** 4:00 – 5:30 p.m. **A light meal will be served.**

**Where:** Eagle Ridge Independent & Assisted Living  
1329 Acre Street, Guttenberg, IA

**Sign Up:** Call Billee Jo Hefel at 563-252-2288

