

Diabetes Self-Management Program

Take charge of your Diabetes...Take charge of your Life!

SIGN UP NOW!

(Seating is limited, registration is required.)

- **FREE FOR PARTICIPANTS 60 AND OVER!** For those under 60 there is a \$10 charge for the material.
- Join us for a 6 week Diabetes Self-Management Workshop.
- Taught by experienced leaders with a personal understanding of Diabetes.
- Set your own goals and make a step-by-step plan to improve your health – and your life!
- Participants who attend all 6 weeks will be entered into a drawing to win a \$50 Sinclair's Food Mart Gift Certificate!
- To register, or for more information, please call the Jersey County Health Department at 618-498-9565 ext 312.

Date: Weekly on Thursdays from November 1 – December 13, 2018

Time: 9:30 a.m. to Noon

Location: Super 8 Hotel

1303 State Highway 109

Jerseyville, IL

**Presented by Jersey County Health Department
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(Donations accepted but not required)**