

Balancing Life & Diabetes



Diabetes Education Classes

- Learn more about diabetes
- Learn more about managing your blood sugar
- Make informed choices about treatment
- Learn what you can do to stay healthy and prevent complications
- Family & Support people are also welcome!

When?

Mondays
September 14, 21, & 28

Where?

Cattaraugus Community
Center

Time?

5:00-8:00 pm
Healthy Meal @ 5:00!

Tell us if you're coming!

Call Lori or Barb at 532-5582, ext. 5235 or 5293