

# Balancing Life & Diabetes



## Diabetes Education Classes on SATURDAY!

- Learn more about diabetes
- Too busy during the week, here is your opportunity
- Learn more about managing your blood sugar
- Learn what you can do to stay healthy and prevent complications
- Family & Support people are also welcome!

**When?**

SATURDAY  
November 7, 2015

**Where?**

Cattaraugus Health and  
Wellness Center – Rm 126

**Time?**

9:00am-3:00pm  
Healthy Meal @ noon!

Tell us if you're coming!

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