

Balancing Life and Diabetes
DIABETES EDUCATION CLASSES



WHEN? Thursday MARCH 17, 2016
WHERE? CIRHC CONFERENCE ROOM
TIME? 1:00pm - 4:00pm
Healthy Snacks Provided

Tell us if you're coming!

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

- **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 and support people
are also welcome!**

You Can Stomp Out Diabetes!



SENECA NATION HEALTH SYSTEM