

***Balancing Life and Diabetes***  
**DIABETES EDUCATION CLASSES**



**WHEN?** Fridays, October 21st and 28th

**WHERE?** CIRHC Conference Room

**TIME?** 9:30 am — 1:30 pm

**Healthy Lunch 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**