



Free Diabetes Education Program

KNOW THE FACTS

- Diabetes is a very serious disease with no cure and it's on the rise, affecting about 1 in 10 Americans.
- Another 1 in 3 have prediabetes – many of whom don't know it.
- African Americans, Hispanics/Latinos, American Indians, Asian Americans and Pacific Islanders are at higher risk for type 2 diabetes.
- Having diabetes may lead to complications like blindness, kidney disease and amputations.

THE **AMERICAN DIABETES ASSOCIATION** IS HERE FOR YOU!

Join us for **six** free workshops plus follow up sessions and interactive support to prevent or manage diabetes and take control of your health.

Learn about:

- Diabetes 101 – types & risk factors
- Nutrition & Healthy Food Choices
- Physical Activity & Losing Weight
- Diabetes Medications
- Risk Control for Heart Attack & Stroke
- Complications like Nerve & Kidney Damage
Oral & Eye Health



CALL TODAY TO SIGN UP: 804.225.8038, ext. 3280

Made possible by a grant from:



Anthem Blue Cross and Blue Shield Foundation

