



# JANUARY 22<sup>ND</sup> FREE DIABETES WORKSHOP 5:30PM-7PM

Your dedicated health care professionals want to share information with you that can help you manage your diabetes. Join us for this exciting opportunity.

**Class size is limited! Reserve your seat at**  
**[www.hotspringshealth-nc.org](http://www.hotspringshealth-nc.org)**  
**or call 828-689-7343**



**HOT SPRINGS  
HEALTH PROGRAM**

**DO YOU WANT TO:**

**LEARN SURVIVAL  
SKILLS FOR  
DIABETES?**

**TAKE HOME  
DELICIOUS RECIPES  
AND MEAL  
PLANNING IDEAS?**

**RECEIVE HELPFUL  
INFORMATION  
ABOUT  
MEDICATIONS?**

**GAIN TOOLS TO  
HELP YOU BUILD  
HEALTHY HABITS?**

**MARS HILL MEDICAL  
CENTER**

119 Mountain View Road  
Mars Hill, NC 28754

**January 22<sup>nd</sup>  
5:30-7pm**

