



DIABETES WORKSHOP

MARS HILL MEDICAL CENTER

**WEDNESDAY,
JULY 17TH, 5-7PM**



HOT SPRINGS
HEALTH PROGRAM

For more information visit:
www.hotspringshealth-nc.org or
call 828-689-7343

Do you want to:



Receive helpful
information about
managing your
diabetes?



Take home recipes
and meal planning
ideas?



Gain tools to help
you build healthy
habits?



Meet others in your
community who are
dealing with
diabetes?

HOT SPRINGS
HEALTH PROGRAM
Mars Hill Medical Center
119 Mountain View Rd.
Mars Hill, NC 28754