

FREE DIABETES GROUPS



Do you want to:

Receive helpful information about managing your diabetes?

Gain tools to help you build healthy habits?

Take home recipes and learn about meal planning?

Diabetes Self- Care Program

This 5 week series will be held at the Madison County Health Department.

Contact **828-213-4634** to register. All dates are for 2019.

Fall: Mondays @6pm -8pm on 8/5, 8/12, 8/19, 9/9, & 9/16

Winter: Tuesdays @3pm-5pm on 11/5, 11/12, 11/19, 11/26, & 12/ 3

DIABETES WORKSHOPS

Next workshop is July 17th from 5pm-7pm at the Mars Hill Medical Center. We will offer another one in OCTOBER (day / location TBD)

DIABETES IMPROVEMENT GROUP -2nd Mondays @ 5pm

Aug 12th, 5pm, Marshall Library

Sept 9th, 5pm, Mars Hill Medical Cntr.

And: 10/14, 11/ 11, 12/9, Locations TBD.



**HOT SPRINGS
HEALTH PROGRAM**

Visit: www.hotspringshealth-nc.org, or call **828-689-7343** for more details