

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_



Do you or someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

This class is for you if you:

- Are not sure you have diabetes
- Have a spouse or family member with diabetes
- Have pre-diabetes or Type 2 diabetes

**Topics include:**

- What is Diabetes?
- Diet and Exercise
- The Importance of Taking Your Medications
- How to Manage and Prevent Complications
- Eyes, Teeth, Toes, and Feet—What You Need to Know



**Program details:**

- Begins: March 5, 2018 11am-1pm
- Six short weekly workshops
- Each class is a couple of hours
- No cost to attend or participate!



*This program is not a replacement for medical care. Participants should keep all medical appointments and follow the direction of healthcare providers.*



**Classes take place at the Richmond Public Library Whittlesey Room 325 Civic Center Plaza, Richmond on Mondays March 5 - April 9**

**To register, leave your name & phone #**

At one of the following numbers:

**510.620.5515 Richmond Public Library**  
**510.375.7001 Inspiring Communities**



Inspiring Communities