



Save the Date...

Take Control of Your Health!

What: Free Diabetes Self-Management Class

Date: Tuesday, February 11, 2014

Time: 9:00 a.m. to 3:00 p.m.

Where: PRMC Stanion Conference Center - follow the signs to the basement.

A healthy lunch will be available for \$5 or you may bring a sack lunch. Drinks will be provided.

Call 450-1425 to save your seat.



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