

You Are Invited To A **FREE** Session on Diabetes Management



**Classes are held virtually on the first Wednesday
of each month.**

Day sessions are 12:00pm – 1:00pm

Evening sessions are 6:00pm – 7:00pm

What you will learn about:

- What Diabetes is
- The importance of checking blood sugar levels
- Understanding your A1C levels
- Meal planning and exercise



Sign-up today!!!

**Call 732-634-0036 x 284 or speak to a
clinical team member to register.**