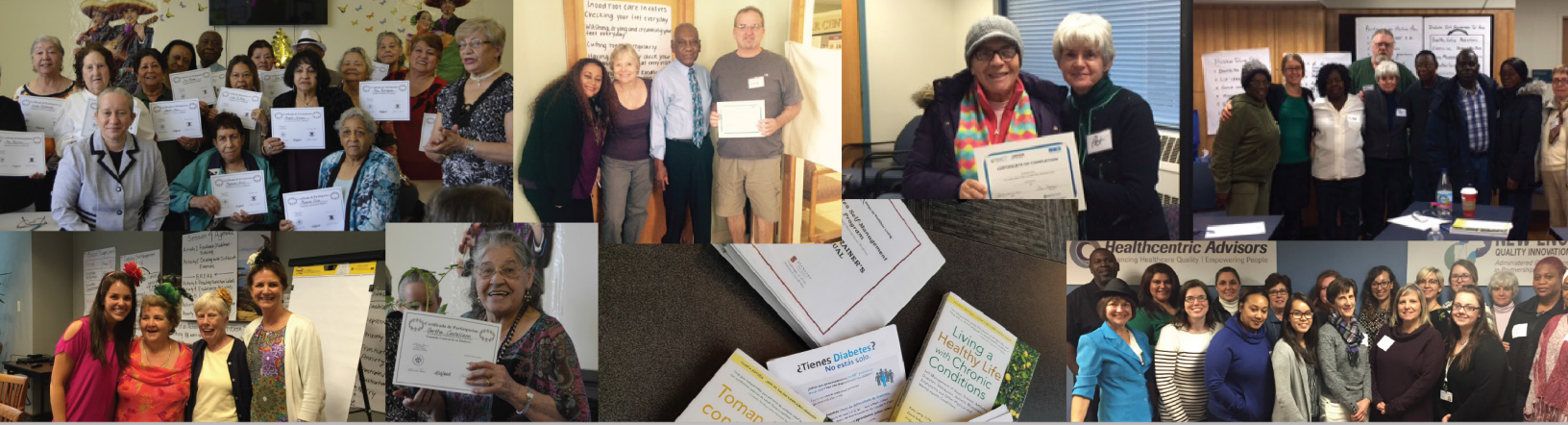


Do **YOU** have Diabetes? *You are not alone.*

In New Hampshire, nearly 1 out of every 5 people over 65 years old has diabetes.



Participate in a **Diabetes Self-Management Education Class.**

When:

Where:

Join your neighbors in learning:

- How to manage your diabetes
- How to create an action plan and stick to it
- How to problem solve
- How to deal with stress
- How to select healthy choices
- When to contact the doctor
- and more

It's Free!
It's Social!

It's Fun!
It's Informative!



* Diabetescareproject.org 2013 Data