



Balanced Living with Diabetes

A lifestyle intervention program for people with diabetes or prediabetes

Date: August 29, Sept. 5, 12, and Sept. 19, 2018

Time: 6:00 pm - 8:00 pm

Location: **Sussex Housing Building**

Are you:

**233 L S. County Drive
Waverly, Virginia 23890**

- ✓ diabetic
- ✓ pre-diabetic
- ✓ interested in learning how to prevent and control diabetes

The Balanced Living with Diabetes program is for you. Learn about diet, exercise, and diabetes management in five sessions.

There is an opportunity for eligible individuals to participate in a study to evaluate the impact of this program.

For more information and to register contact:

Shevonne Newby or Taneka Womble

(804) 834-1309

If you are a person with a disability and desire any assistive devices, service or other accommodations to participate in this activity, please contact Taneka Womble in the Sussex Extension Office at (804)-834-1309 during the business hours of 8:00 a.m. and 4:30 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800)

828-1120



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