



Balanced Living With **DIABETES**

Supported by a grant from the Obici Healthcare Foundation

JOIN US TO LEARN MORE ABOUT EATING WELL WITH DIABETES



WHO: Anyone with Diabetes
(family members are welcome)

WHAT: 4-week long education series

WHERE: Mars Hill A.M.E. Zion Church, 401 East Main St.,
Wakefield, VA 23888, Sept. 11, 25 and Oct. 2, 9 (6:00PM-
8:00PM).

WHERE: Poplar Lawn Baptist Church, 250 Poplar Lawn Rd.
Surry, VA 23883, Sept. 10, 24 and Oct. 1, 8 (6:00PM-8:00PM).

Participants are encouraged to attend all 5 classes. For 1st
class please arrive 1/2 hour early.

HIGHLIGHTS:

- Manage your diabetes
- Learn healthy cooking tips
- Be more active
- Make New Friends!
- Free A1c testing
- Taste delicious recipes
- Prevent complications

You will receive a tool kit with recipes, pedometer, plus A1c
and blood pressure checks to support your progress!

REGISTER: Call at 800-941-4635 OR domcbrid@vt.edu



Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University www.ext.vt.edu



Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.