

YOU CAN MAKE A CHANGE FOR LIFE



**Free 8 week
class to help
you manage
your diabetes**



Eating Smart for Diabetes

Who: You

When: 10:00 - 11:00, starting May 19th

Where: MyCare

6900 E. 10 Mile Road
Centerline, MI 48015

Why: Controlled Blood Sugars = A Healthy You!

Questions or sign-up: (586) 412-3397 or (586) 412-3396

Learn about:

- Healthy eating and weight loss
- The role of carbohydrates in glucose control
- Role of exercise in managing diabetes
- Techniques to deal with the symptoms of diabetes
- Working more effectively with health care providers



Health
Department

MyCare is a Federally Qualified Health Center