

Diabetes



Self-Management Workshop



There's still time to sign up!

Do you or someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

Please join us if you:

- Are 65 years of age or older
- Are a Medicare beneficiary
- Have borderline diabetes or diabetes

**Educational
Gifts!**

Program details:

- Begins 8/23/2019 -9/27/2019
- Each class is 2 hours
- Six short weekly workshops
- No cost to participate!



Where: North East Medical Services
Health Promotion Room
1870 Lundy Ave,
San Jose 95131

When: 8/23/2019 - 9/27/2019
Every Friday

Time: 9:30pm - 11:30am

To register, call (408) 573-9686 Ext. 8711 or register at Health Promotion Room

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).