



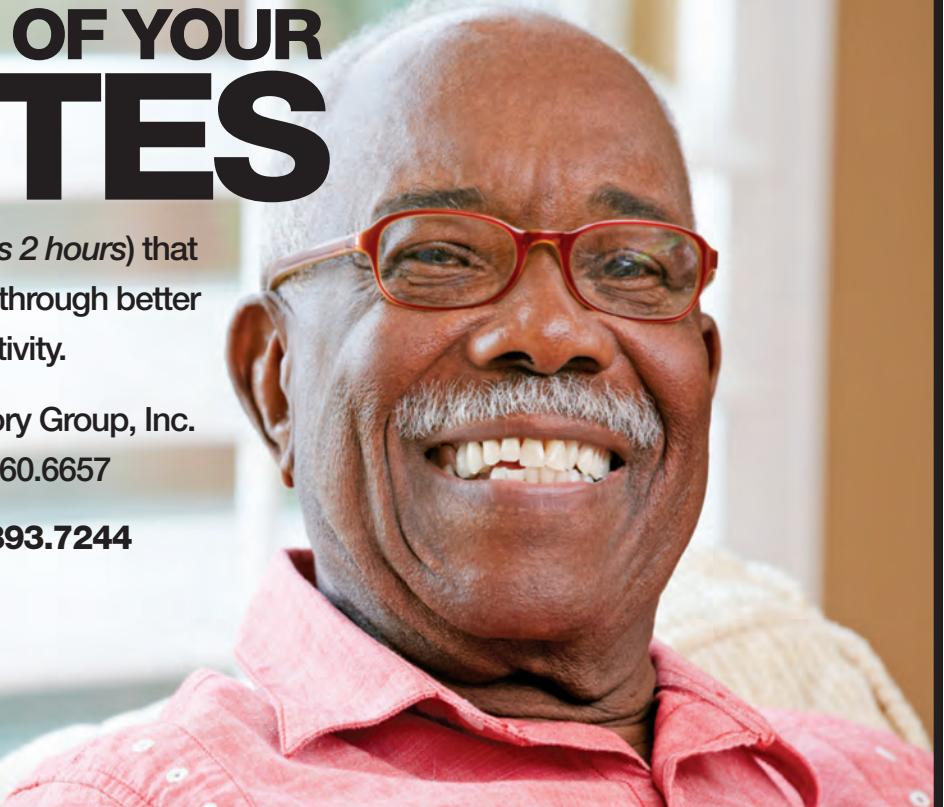
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TAKE CONTROL OF YOUR DIABETES

6 FREE weekly classes (*each class 2 hours*) that teaches how to manage diabetes through better nutrition and physical activity.

Offered by Health Services Advisory Group, Inc.
Carmen M. Ruiz, RN / 813.760.6657

TO REGISTER CALL: 727.893.7244



Do you or someone you love have diabetes? **EVERYONE WITH DIABETES COUNTS** is a program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through better nutrition and physical activity. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

PART 1: WEDNESDAY, JUNE 29TH, 10:30AM-12:30PM

PART 2: WEDNESDAY, JULY 6TH, 10:30AM-12:30PM

PART 3: WEDNESDAY, JULY 13TH, 10:30AM-12:30PM

PART 4: WEDNESDAY, JULY 20TH, 10:30AM-12:30PM

PART 5: WEDNESDAY, JULY 27TH, 10:30AM-12:30PM

PART 6: WEDNESDAY, AUGUST 3RD, 10:30AM-12:30PM

SOUTH COMMUNITY LIBRARY / 2300 Roy Hanna Dr S

For additional information call **727.893.7244**, or visit us online at: www.splibraries.org

Please call or visit to register in advance.

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