

# Living Healthy with Diabetes

**A FUN SIX WEEK PROGRAM TO HELP YOU LIVE A HEALTHY LIFE WITH DIABETES!!**



**Fridays**  
**Beginning January 13th, 2012**  
**3pm-5:30pm**  
**Cary Family Practice**  
**Sign up with receptionist**  
**or call**  
**Barbara James**  
**(919) 749-6326**

*Living Healthy with Diabetes will help you:*

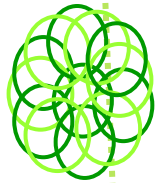
- ✓ *Eat healthy*
- ✓ *Prevent complications of Diabetes*
- ✓ *Solve problems and set goals*
- ✓ *Feel better and take charge!*
- ✓ *Weekly giveaways!*

***"This was the most enjoyable class I have ever attended".....G.O., participant 7/11***

***"I am feeling much better since taking this class", J.R., participant 7/11***

Sponsored by:

**Call today to see how you can attend this class and receive weekly prizes for FREE!!**  
**Limited space! Call today!**



**LIVING  
HEALTHY  
with  
DIABETES**



**Take CONTROL of your diabetes!**