

# Have you been diagnosed with type II diabetes?



Living Better with Diabetes is a **FREE** workshop series for adults diagnosed with Type II Diabetes. Each session will include four weekly workshops: Thursdays from 5:30-8:30pm at First Congregational Church.

Workshop topics will include:

- Diabetes management
- Nutrition & fitness information
- Diabetic friendly meal planning
- Preventing medical complications
- Budgeting & medication management
- Diabetes resources & support services

First Congregational Church • 125 Ellis Street NW • Atlanta, GA 30303  
Thursdays at 5:30 - 8:30 PM

**Register Now!** Class size is limited to 40 participants per session.  
Call 678-819-3663 or email [diabetes@choicesforkids.org](mailto:diabetes@choicesforkids.org).

Open Houses	January 5, 2012 - January 26, 2012
Session I	February 2, 2012 - February 23, 2012
Session II	March 8, 2012 - March 29, 2012
Session III	April 5, 2012 - April 26, 2012

