



MANAGING LIFE WITH DIABETES

*FREE DIABETES
SELF-MANAGEMENT
EDUCATION (DSME)
WORKSHOP*

**SATURDAY
MARCH 20, 2010
8.30 AM TO 4.30 PM**

**This new year, give
yourself the gift of health!
Come learn how to better
control your diabetes and eat
healthy but tasty!**

**SEATING IS LIMITED!
YOU MUST REGISTER TO ATTEND.
904-253-1800**

Featuring:

Diabetes Class

Cooking Demonstration

Door Prizes & Gift Bags

Breakfast and Lunch



Where?

**Duval County Health Department
900 University Blvd. North
Jacksonville, FL 32211
904-253-1800**

(Located on University Blvd. across from the Town & Country Shopping Center.)