

Diabetes Series



What Does Diabetes Mean To ME?

The Diabetes Wellness Circle© is a monthly health forum for persons whose lives are influenced by diabetes and its conditions resulting from the disease.

- Saturday, January 30th **“What Does Diabetes Mean to ME?”**
- Saturday, February 27th **“Salt On My Lips, Sugar on My Hips”**
- Saturday, March 26th **“Let’s Read that Label Right”**
- Saturday, April 23rd **“Heart Healthy Grains”**
(Cooking Demonstration)
- Saturday, May 21st **“Take a Licking & Just Keep on Ticking”**

To provide support to participants committed to sharing empowering news that makes a victorious difference in your overall health, not just diabetes.

Success ... in Wellness!©

Seating is limited, reservations are required.

Call Wolf Creek Library at 404-613-4255

All workshops presented by

DeBorah B. Rowser, RN, MSN

Diabetes Educator

12:00-2:00 pm

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