

You're Invited!

Dear Family,

We are excited to invite you to a family-focused diabetes education session!

Date: Saturday, November 18, 2023

Time: 10:00 AM - 12:00 PM

Location: Community Health Center, 123 Wellness Avenue, Yourtown

This session will cover important topics such as:

- Understanding diabetes and its types
- Healthy eating and meal planning
- Importance of physical activity
- Managing blood sugar levels

Come and learn together as a family how to manage diabetes effectively. Light refreshments will be provided.

Please RSVP by November 10, 2023, to ensure we have enough materials for everyone.

We look forward to seeing you there!

Warm regards,

The Diabetes Education Team