

# Diabetes Is A Lifelong Companion.

## Let Us Help You Live With It.

For nearly 26 million Americans, diabetes is a problem that simply won't go away. And pretending it will, increases your risk of kidney disease, nerve damage, and blindness; heart disease; stroke; even limb amputation.

**The good news:** you can keep this chronic disease in check.

Usually, it all comes down to a combination of diet, exercise and medication.

*Learn how to live well with diabetes.*

*Ask your doctor for a referral to J.C. Blair's:*

## 2019 Diabetes FREE Self-Management Classes

A series of four group sessions and one individual consultation  
addressing diet, exercise, medication and more  
offered five times a year at  
**J. C. Blair Education Center**

**Evening Sessions:** 6:00 - 8:30 p.m.  
July 16, 23, 30 and August 6

**Morning Sessions:** 9:00 - 11:30 a.m.  
October 8, 15, 22, 29

Must register in advance of first session. To register or learn  
more, call **(814) 643-8537**

