



DIABETES

and your **HEART**



If you have diabetes, you are

2-4 times

More Likely to have heart disease or a stroke than if you do not have diabetes.

According to the CDC, up to 20% of deaths from heart attack and 13% of deaths from stroke are related to diabetes or pre-diabetes.

Tips To Reduce Your Risk For Heart Disease



Maintain a Healthy Weight



Stay Active



Make Healthy Food Choices

Diabetes Management Schedule

Classes held on Saturdays 11:00am - 12:00pm

First session: **July 1 & 8, 2017**

Next session: **November 4 & 11, 2017**

Free for Calvo's Selectcare members on a "first-come, first-served basis."

Wellness Workshop

Saturdays 11:00am - 12:00pm

July 15 Digestion & Food Allergies

August 19 Childhood Development
(including discussion of ADHD, Autism)

September 16 Hormone Balance

November 18 Detoxification