



Sign up today!!!

\$15 Gift Card and Farmers Market Coupon to those who complete the program!!!

Do you or someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

Please join us if you:

- Are 65 years of age or older
- Are a Medicare beneficiary
- Have prediabetes or diabetes

Program details:

- Begins February 25th, 2019
- Each class is 2 hours
- Six short weekly workshops
- No cost to participate!

DETAILS

Where: ONEgeneration
Senior Enrichment Center
18255 Victory Blvd.
Reseda, CA 91335

When: Mondays
Starting February 25th- April 8th

Time: 2:00pm-4:00pm

**To register
/RSVP, call:** (818) 705-2345

This workshop will teach you:

1. How diabetes affects different parts of your body.
2. How to make lifestyle changes.
3. What to/not to eat.
4. Creating action plans and goals to stay healthy.