

# If you have diabetes, the goal is control.

**Control your blood sugar and you cut  
the risk of life-threatening complications.**

Robert Wood Johnson University Hospital Rahway,  
together with The Gateway Family YMCA – Rahway Branch,  
has a **free six week program that will show you how to control blood sugar.**

**CLASS DATES WILL BE TUESDAYS**

March 5, 12, 19, 26 & April 2, & 9

Class times will be 12:00pm-1:30pm

**Light exercise and a light lunch will be served**

Education, support, light exercise  
and lunch are included to help you  
reach the goal of control. This free  
program is open to those without  
insurance or whose insurance doesn't  
cover diabetes education.

Registration is required.

To register and for more information  
call Leanne Muller **732.388.0057**.

This program is made possible through a grant from Merck.



**Robert Wood Johnson  
University Hospital  
Rahway**

**RWJ Barnabas  
HEALTH**