

Free Diabetes Workshop

Presented by Sara Bolduc R.D.

Sponsored by Customer Service
CEI CMH 812 E. Jolly Rd in the Atrium

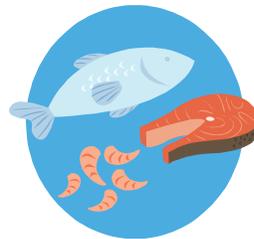
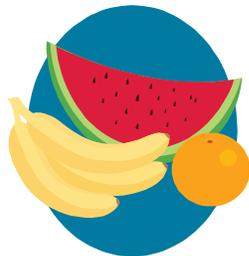
**On Wednesday, July 10, 2013
from 2:00 PM to 3:30 PM**

Healthy Snacks, a Raffle, and Great INFO

Diabetes Workshop

Nobody wants to have a chronic long term illness. Learn how to stay well by joining us in the Free Diabetes Workshop. This is the initial workshop of 3 that will help you learn about healthy eating, exercise, and how to navigate the health system to get the best care possible. Don't let chronic illness keep you from having the life you want!

**Due to limited seating please R.S.V.P. by Wednesday, July 3, 2013
at elsesser@ceicmh.org. or call 517-346-8361, ask for Gary.**



For information please
contact Gary in Customer Service
at 517-346-8361 or
elsesser@ceicmh.org



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