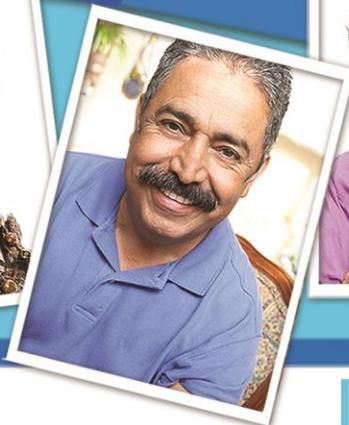


The Time is NOW



Learn to control your **DIABETES**

Are you a person with Medicare who has diabetes or know someone who does?

Sign up today for a FREE 6-week workshop.

*Diabetes Self-Management Program (DSMP) workshops include six different sessions, each covering a new topic. Sign up today and remember to mark your calendars, so you are able to **attend all six sessions.***

We regret that there can be no new attendees after Workshop #2.

Workshop Location:

Monmouth County Health Department (3435 Highway 9 North, Freehold)

Workshop #1: Date Thursday, July 14, 2016

Time 10:00 a.m. - 12:30 p.m.

Workshop #2: Date Thursday, July 21, 2016

Time 10:00 a.m. - 12:30 p.m.

Workshop #3: Date Thursday, July 28, 2016

Time 10:00 a.m. - 12:30 p.m.

Workshop #4: Date Thursday, August 4, 2016

Time 10:00 a.m. - 12:30 p.m.

Workshop #5: Date Thursday, August 11, 2016

Time 10:00 a.m. - 12:30 p.m.

Workshop #6: Date Thursday, August 18, 2016

Time 10:00 a.m. - 12:30 p.m.

Register by Contacting:

Jarmaine Williams at (732) 955-8168