

FREE

HEALTHY LIFESTYLES DIABETES AWARENESS

Healthcare Education Series



Experts will be on hand to discuss symptoms, treatments, and information key to improving individual and community health.

Bring the entire family!

- What is diabetes
- Risk factors of diabetes
- Meal planning
- Monitoring blood sugars
- Medications
- Reducing risks
- Physical activity



FREE TESTING AVAILABLE

BMI Blood Pressure A1C Test

For more information, call Juanita at (208) 455-5423

AUGUST 18th, 2016

5:00pm – 7:00pm

Valor Health Community Education Classroom 1024 Fernlee Street, in Emmett
(corner of Fernlee and Butte Streets)