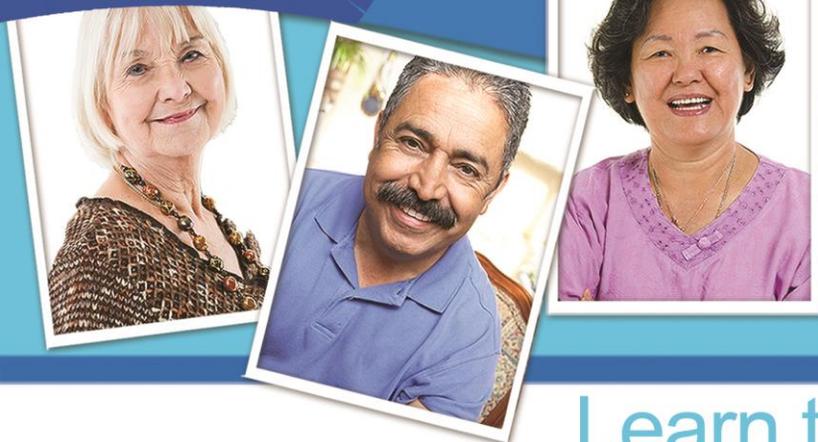


The Time is NOW



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 in your area.

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 session #2.

Workshop Location:

The Gateway Family YMCA, Wellness Center Branch (1000 Galloping Hill Rd, Union, NJ 07083)

Workshop #1: Date Friday, September 16, 2016	Time 10:00 am - 12:30 pm
Workshop #2: Date Friday, September 23, 2016	Time 10:00 am - 12:30 pm
Workshop #3: Date Friday, September 30, 2016	Time 10:00 am - 12:30 pm
Workshop #4: Date Friday, October 7, 2016	Time 10:00 am - 12:30 pm
Workshop #5: Date Friday, October 14, 2016	Time 10:00 am - 12:30 pm
Workshop #6: Date Friday, October 21, 2016	Time 10:00 am - 12:30 pm

Register by Contacting:

Jarmaine Williams at (732) 955-8168

PLEASE NOTE: The workshops are open to anyone, not just members of the YMCA.