



FREE!!

Diabetes Self-Management Education Classes



Call to Register

(910) 845 - 5333

The FIRST TUESDAY of each month

Brunswick Senior Resources, Inc.

3620 Express Drive

Shallotte, NC 28470

5:30pm - 6:30pm

The THIRD THURSDAY of each month

New Hope Clinic

201 W. Boiling Spring Rd

Boiling Spring Lakes, NC 28461

5:30pm - 6:30pm

Topics Include

Diabetes 101

Healthy Meal Planning

Physical Activity/Exercise

Blood Glucose Monitoring

Diabetes Medications

Preventing Complications



Brunswick Senior Resources, Inc.

Making a Difference

New Hope
Clinic

www.newhopeclinicfree.org

Phone: (910) 845 - 5333

www.bsrrinc.org

910-754-2300