



**FREE!!**



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# Diabetes Self-Management Education Classes

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## Call to Register

**(910) 845-5333**

The FIRST TUESDAY of each month

Brunswick Senior Resources, Inc.

3620 Express Drive

Shalotte, 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

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Brunswick Senior Resources, Inc.  
Making a Difference

[www.bsrinc.org](http://www.bsrinc.org)  
910-754-2300



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Phone: (910) 845-5333

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