



Diabetes Self-Management Education Classes



Call to Register

(910) 845-5333

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

www.newhopeclinicfree.org
info@newhopeclinicfree.org
Phone: (910) 845-5333