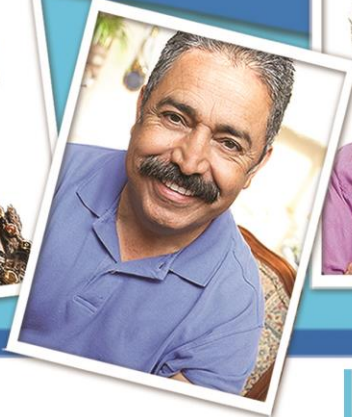


# The Time is NOW



## 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:**

**First Unitarian Universalist Church of Essex County (35 Cleveland Street, Orange, NJ 07050)**

**Workshop #1: Date** Friday, November 3, 2017

**Time** 10:00 am - 12:30 pm

**Workshop #2: Date** Friday, November 10, 2017

**Time** 10:00 am - 12:30 pm

**Workshop #3: Date** Friday, November 17, 2017

**Time** 10:00 am - 12:30 pm

**Workshop #4: Date** Friday, December 1, 2017

**Time** 10:00 am - 12:30 pm

**Workshop #5: Date** Friday, December 8, 2017

**Time** 10:00 am - 12:30 pm

**Workshop #6: Date** Friday, December 15, 2017

**Time** 10:00 am - 12:30 pm

**Register by Contacting:**

**Jarmaine Williams at (732) 955-8168**



First Unitarian Universalist  
Church of Essex County