The Time is NOW

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
 - Workshop #2: Date Friday, November 10, 2017
 - Workshop #3: Date Friday, November 17, 2017
 - Workshop #4: Date Friday, December 1, 2017
 - Workshop #5: Date Friday, December 8, 2017
 - Workshop #6: Date Friday, December 15, 2017

Register by Contacting: Jarmaine Williams at (732) 955-8168









First Unitarian Universalist Church of Essex County

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