

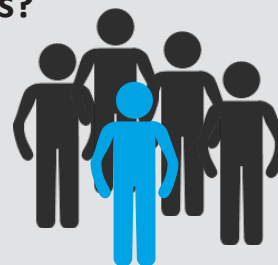
Do **YOU** have Diabetes?

You are not alone.



Did you know an estimated **36,000*** *people in New Hampshire* aged 65+ have been diagnosed with Diabetes?

That's nearly **one** out of every five people.



Participate in our **Diabetes Self-Care Classes:**

Join your neighbors in learning:

- How to manage your diabetes
- How to create an action plan and stick to it
- How to problem solve
- How to deal with stress
- How to select healthy choices
- When to contact the doctor
.... and more

It's Social!
It's Free!

It's Fun!
It's Informative!

Call **Rachel Eichenbaum** at **603-573-0915** or **Timothy Boyd** at **603-573-1239**
to find Diabetes Self-Care Classes near you!



* Diabetescareproject.org 2013 Data

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