



Please Join Us for our **FREE** Health Sessions

“Power Over Diabetes”

Thursdays from 6:30pm — 7:30pm

(Registration from 6:00 — 6:30 p.m.)

Ralph Wilson Youth Club

1515 S. 25th Street, Temple

Presented by Baylor Scott & White Health, ***Diabetes Wellness Program*** is a comprehensive diabetes prevention and management program of the American Diabetes Association’s Initiatives. If you or a loved one has been diagnosed with diabetes or pre-diabetes, or if you think you might be at risk, please join us for our **FREE** health sessions, “Power Over Diabetes” to learn more about how to live a healthier life.

****All sessions are FREE and will include program goodie bags and light snacks****

July 20th — Power Over Diabetes: An information session that will answer the following questions: What is diabetes? How can you prevent diabetes? How can you manage and treat diabetes? Why is it important to control the disease?

August 3rd — Health & Flavor in the Kitchen: A culinary session that will teach healthy nutrition choices with lots of flavors.

August 17th — Everybody Get Moving for Your Health: A physically interactive session that will show how exercising can be easy and fun!

August 31st — With All My Heart: A wrap-up session that will pull all of the information together to show how managing diabetes can also keep your heart healthy.

To register for the FREE Health Sessions

email CommunityHealth@BSWHealth.org or call (254) 724-6847