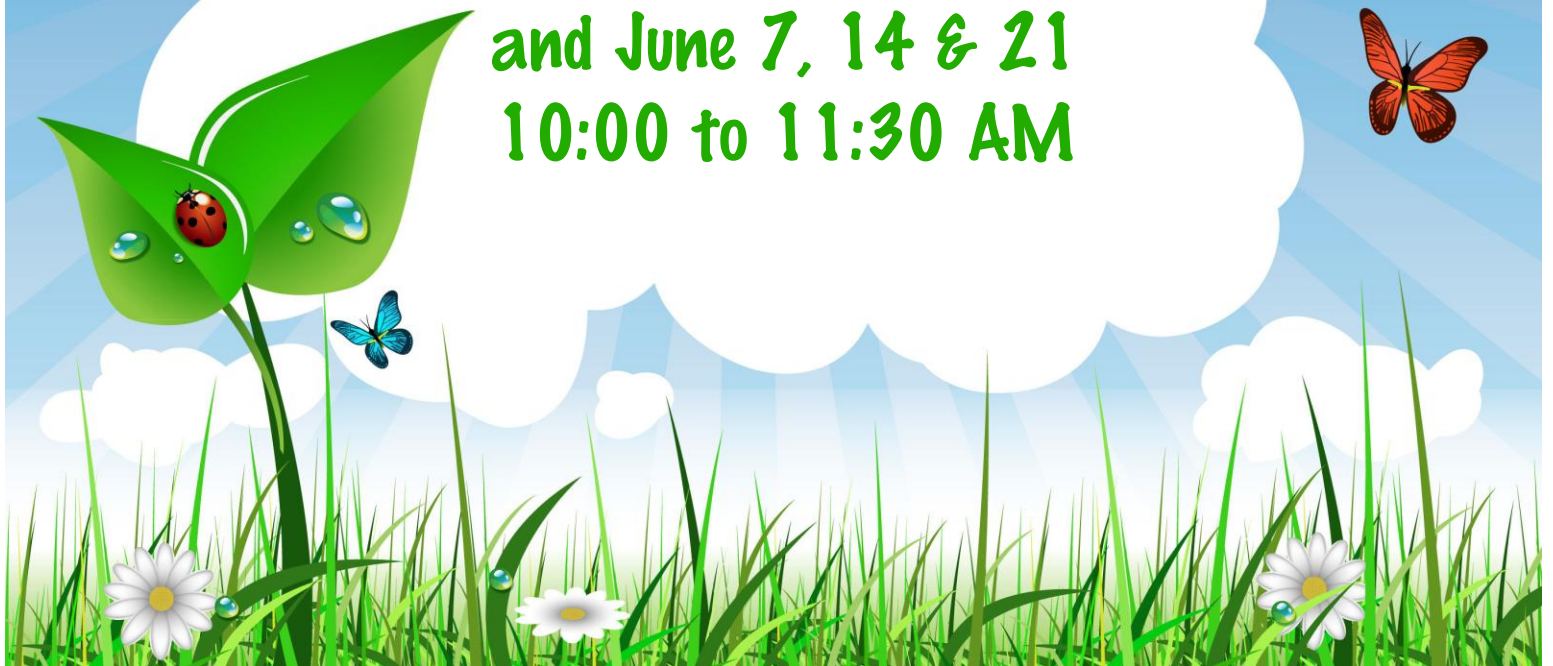


**SPRING** into a Healthier You  
with **FREE** Diabetes Education!

**Billings Community Center**  
**360 N. 23<sup>rd</sup> St.**

**Tuesdays** ☀ **May 17, 24 & 31**  
**and June 7, 14 & 21**  
**10:00 to 11:30 AM**



**Do you have diabetes or pre-diabetes** (high blood sugar)? Would you like to learn how you can **take charge of your health** and get control of your diabetes? Then **JOIN US for six, FREE diabetes education classes!** The classes are designed for people with Medicare, but all are welcome. Come learn about diabetes and your health—and maybe even **win a prize!**

To register, call the **Billings Community Center** at **(406) 657-3050**.

Questions? Call **Jackie Rumph** with MSU Extension Yellowstone County at **(406) 256-2828**.

