

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

**Helena Senior Center**

**200 S. Cruse St.**

**Wednesdays & Thursdays**

**May 4, 5, 11, 12,**

**18 & 19**

**2:00 to 3:30 PM**



**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, contact **Melonie Van Dyke** at **457-5819** or **[mvandyke@mpqhf.org](mailto:mvandyke@mpqhf.org)**.

