



Diabetes control can be both a challenging and lonely experience.

**Join us this new year at The Greater Peoria YMCA for a 4-week course designed to provide the information you need to improve your health while living with diabetes.**

**Program will be taught by students and faculty from Methodist College—Carle Health.**

**When: Saturdays, from 9:30 - 11:30 am,  
January 20, January 27, February 3, and February 10**

**Please sign up at The Greater Peoria YMCA  
or call 309-692-7631.**

**This program is free of charge.**

