



**RECEIVE A \$50 GIFT CARD FOR  
GROCERIES AT COMPLETION OF LAST  
SESSION IF ATTENDED 5 SESSIONS.**



# IT'S TIME TO TAKE CHARGE

TAKE CHARGE OF YOUR DIABETES

CLASS STARTS

# 04.26.22

10 AM TO 12 NOON | WEEKLY FOR 6 WEEKS

HCMC PRIVATE DINING ROOM OR  
FROM HOME!

**Free Lunch Each Session!**

CALL HCMC FIND LINE AT 644-3463 TO RSVP  
OR GO ONLINE AT [WWW.HCMC-TN.ORG](http://WWW.HCMC-TN.ORG)

*"I was tired. I hurt all the time. I felt like my diabetes was telling me what I could and couldn't do. The Take Charge of Your Diabetes workshop put me back in control."*

*Join us!*

 **GrowWell**