

Are You One of the Estimated 54 Million
People in America who have
Pre-diabetes ?

SMMC Visiting Nurses Invites You to Attend

Pre-diabetes Class



When: **Tuesday, March 18, 2008**
5:30pm - 7:00pm

Where: SMMC Visiting Nurses, Conference Room
72 Main St, Kennebunk (next to Marlow's)

Fee: \$10.00 (scholarships available upon need)

LEARN:

- What is Normal and Abnormal Blood Sugar
- How pre-diabetes is diagnosed
- Ways to Reduce Your Risk of Getting Diabetes
- What foods affect your blood sugar
- How to Read Food Labels
- Much more

Pre-registration is required. Space is limited!

Call: 985 -1000

Name: _____

Address: _____

Phone: _____

Mail with check to: SMMCVN, 235 Main St., Biddeford, ME 04005