



LIVEWELL WITH DIABETES

This 12-week Diabetes Program is designed to help those diagnosed with diabetes or at high risk of developing the disease. By adopting a healthy lifestyles through eating healthier and increasing physical activity.

Please be sure to complete this form and turn it in to the member service desk.

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Cathy Mason, lead instructor, will contact you prior to being placed in a class.

Date: September 18 - December 4, 2023

Monday: 6:30 - 7:30 pm

Participant Signature: _____

Date: _____