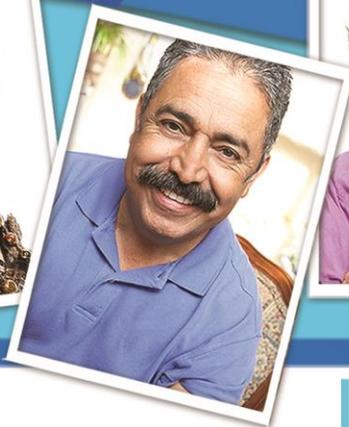


# The Time is NOW



## Learn to control your **DIABETES**

Are you a person with Medicare who has diabetes or know someone who does?

**Sign up today for a FREE 6-week workshop.**

*Diabetes Self-Management Program (DSMP) workshops include six different sessions, each covering a new topic.*

*Sign up today and remember to mark your calendars, so you are able to **attend all six sessions.***

*We regret that there can be no new attendees after Workshop #2.*

### **Workshop Location:**

**The Plainfield YMCA (518 Watchung Ave, Plainfield, NJ 07060)**

**Workshop #1: Date** Tuesday, March 15, 2016

**Time** 10:30 a.m. - 1:00 p.m.

**Workshop #2: Date** Tuesday, March 22, 2016

**Time** 10:30 a.m. - 1:00 p.m.

**Workshop #3: Date** Tuesday, March 29, 2016

**Time** 10:30 a.m. - 1:00 p.m.

**Workshop #4: Date** Tuesday, April 5, 2016

**Time** 10:30 a.m. - 1:00 p.m.

**Workshop #5: Date** Tuesday, April 12, 2016

**Time** 10:30 a.m. - 1:00 p.m.

**Workshop #6: Date** Tuesday, April 19, 2016

**Time** 10:30 a.m. - 1:00 p.m.

### **Register by Contacting:**

**Karen Hale at (732) 955-8148**



**Please Note: The workshops are open to anyone. You do not need to be a member of The YMCA.**