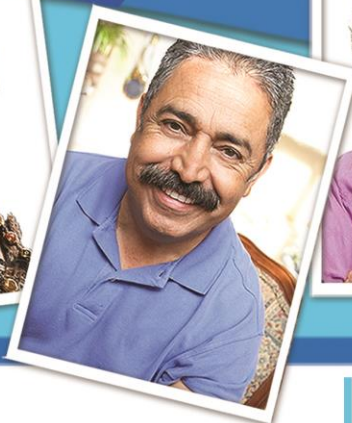


# The Time is NOW



## 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** in your area.

*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 session #2.*

### **Workshop Location:**

**YMCA of Western Monmouth County (470 E. Freehold Rd, Freehold, NJ 07728)**

**Workshop #1: Date** Wednesday, May 4, 2016

**Time** 10:00 am - 12:30 pm

**Workshop #2: Date** Wednesday, May 11, 2016

**Time** 10:00 am - 12:30 pm

**Workshop #3: Date** Wednesday, May 18, 2016

**Time** 10:00 am - 12:30 pm

**Workshop #4: Date** Wednesday, May 25, 2016

**Time** 10:00 am - 12:30 pm

**Workshop #5: Date** Wednesday, June 1, 2016

**Time** 10:00 am - 12:30 pm

**Workshop #6: Date** Wednesday, June 8, 2016

**Time** 10:00 am - 12:30 pm

### **Register by Contacting:**

**Jodi at (732) 462-0464 ext. 116**

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