



McDowell Senior Center
FREE DIABETES CLASSES

Join us for a fun, free, hands-on 6 week class!
Do you have pre-diabetes or diabetes, Medicare, and want
to learn from others and help others learn?

Where: McDowell Senior Center
100 Spaulding Rd., Marion, NC 28752

When: Tuesdays
November—14, 21, 28,
December—5, 12, & 19

Time: 9:30am-11:30am

Change your diabetes, change your life!
To register please call
828-659-0832.