

# Take Charge of Your Diabetes, Live Well, Be Well



Are you or someone  
you know living  
with diabetes?

JOIN US FOR A **FREE 6 WEEK SEMINAR**

Would you like to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life with diabetes

sponsored by

**Starts:** Thursday, June 23, 2011

**Time:** 6:30pm-9:00pm

**Where:** Belvidere Rehab & Sports Medicine  
1255 Logan Ave. Belvidere, IL

For registration and information  
please call Donna Bileto at  
815-226-4901

