



Come to this session and learn how you can have better blood sugar control **from a REAL patient, with REAL A1C control, providing REAL inspiration.**



You won't want to miss:
“Taking Control”
with Ruth Braun

When: Tuesday, 4/5/16, 4:00pm
**Where: Community Health Center
Conference Room/Kitchen
24 Hamilton Street
Saratoga Springs, NY 12866**

“I have diabetes and I understand the challenges you face.”

This free program will help you learn about some of the ways to control your blood sugar. Controlling blood sugar may help reduce your risk of diabetes-related complications. It is worth the effort to keep your blood sugar in control.

Contact Judy Carr at 518-886-5867 with any questions.

You are not alone on your journey with diabetes.

