



FREE five-part
Diabetes
Management Series

Thursdays at noon

February 2, 9, 16, 23 & March 1

At the Cansler Family YMCA

661 Jessamine Ave.

Knoxville, 37914

Knox County Health Department is offering a FREE series on diabetes management.

Learn how proper diet, medication, stress management and exercise keep you healthier and help you feel better.

FREE lunch & door prizes!



Please call (865) 215-5170 to reserve your lunch

This project is funded under an agreement with the Tennessee Department of Health.