



GET YOUR
COVID-19
VACCINE
OR
BOOSTER
Visit
<https://www.vaccines.gov>

FREE DIABETES CLASSES

For Diabetics of All Ages

Offered Every Second Friday
of Every Other Month

8:00AM - 1:00PM

Education Room • 2nd Floor

2023

JAN.
13

MAR.
10

MAY
12

JUL.
14

SEPT.
8

NOV
10

In this class you will learn:

- How to Take Control of Diabetes
- What is Diabetes, Glucose and Insulin
- Difference of Type 1 vs Type 2 Diabetes
- How to Reduce Risks for Complications
- Simple and Attainable Healthy Eating

FREE
A1C Screening
Foot Exam
Blood Pressure Check

BREAKFAST & LUNCH PROVIDED • SEATING IS LIMITED

RSVP (830) 278-6251 ext. 1452, 1366 or 1516



1025 Garner Field Road • Uvalde, TX • www.umhtx.org