If you have diabetes, the goal is control.

Control your blood sugar and you cut the risk of life-threatening complications.

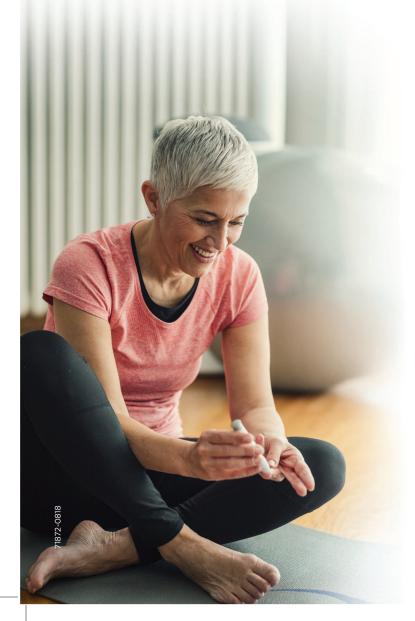
Robert Wood Johnson University Hospital Rahway, together with The Gateway Family YMCA - Rahway Branch, has a FREE six week program that will show you how to control blood sugar

SPRING 2022 CLASS DATES WILL BE THURSDAYS

May 5, 12, 19, 26 • June 2, 9 Class times will be 11:30am-1:00pm

CLASSES TAKE PLACE AT:

The Gateway Family YMCA-Rahway Branch, 1564 Irving St, Rahway Light exercise and a light lunch will be served



Education, support, light exercise and lunch are included to help you reach the goal of control. This free program is open to those without insurance or whose insurance doesn't cover diabetes education.

Seating is limited. Registration and masks required. To register and for more information call **732.388.0057.**

This program is made possible through a grant from Merck.





Robert Wood Johnson | RWJBarnabas **University Hospital** Rahway

