

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.

2023 CLASS DATES WILL BE THURSDAYS

April 20, 27 • May 4, 11, 18, 25 • June 8, 15, 22, 29 • July 6, 13

September 7, 14, 21, 28 • Oct 5, 12 • November 2, 9, 16, 30 • December 7, 14

Class times will be **11:30 a.m. - 1:00 p.m.**

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 | **HEALTH**
Rahway