

Do you have **DIABETES?** Have **QUESTIONS?**



Come to our **FREE Diabetes Class.**

Learn how to manage diabetes and reduce health risks.

Sign up for the class in advance or schedule an individual diabetes counseling session. Walk-ins are also welcomed!

Call: 773-768-5000

Sherie Withers-Banks, Nutritionist, ext. 1032
Daisy Gallardo, Health Educator, ext. 1030

**Wednesday
March 21, 2018**

CFHC South Chicago
9119 S. Exchange Ave.
2:00 p.m. — 3:30 p.m.

2nd Floor Patient Education Room C



EAT WELL



BE ACTIVE



SEE YOUR PROVIDER

This is a service of:

CFHC
CHICAGO FAMILY
HEALTH CENTER

www.chicagofamilyhealth.org