

Are You at Risk for DIABETES?



A **FREE** program to help you eat right to prevent or manage diabetes.

The Challenge Diabetes Program can help you remain healthy for years to come. Many participants have been able to get their blood sugar into a healthy range using what they've learned in this program. We'll show you how to eat right and stay physically active—even if you are short on money and time.

As a participant in our FREE program, you will receive:

- FREE diabetes testing
- FREE 1-on-1 consult with a dietitian
- FREE nutrition and exercise classes
- Healthy food items twice a month at your Pantry Plus appointments
- A \$40 gift card as your "graduation present" for completing the program through May 2020
- Tasty, easy, affordable recipes
- Educational materials
- Health care referrals if needed



I'm making better dietary choices —brown rice, more fruits and vegetables, less sugar and smaller portions all around. My blood sugar level is now under control.

—a satisfied client



FREE Diabetes Testing

Tuesday, September 17th, 2019

Sunnyvale Community Services
725 Kifer Rd. Sunnyvale, CA

You Must Make an Appointment. Call Lisa Vergati by Friday 9/13/2019 at 650.968.0836 x118

