

Sugar Buddies



A New Diabetes Support Group

Join our group on a journey towards diabetes control. Everyone is welcome!

Mary Black's Licensed Physical Therapists will demonstrate ways to stay active and fit for all levels. Information on ways to strength train at home using simple chair exercises and more!

Light refreshments will be served. Facilitated by a Diabetes Educator of the Mary Black Outpatient Diabetes Self-Management Program.

No Fee.

July 20th, 2010

5:00 pm to 6:00 pm

Mary Black Conference Center
Medical Office Building III
Lower Level
1690 Skylyn Dr.
Hospital Campus

Registration:

864-573-3872

or 864-573-3874



MARY BLACK

HEALTH SYSTEM

www.maryblackhealthsystem.com