

Diabetes Education Classes

Dates: Every Thursday, starting **October 7th** until **November 18th**
Then, special Awards Ceremony December 7th @ Forest Hill City
Council meeting

Location: Forest Hill Community Center, 6800 Forest Hill Drive

Time: Classes start at 5:30pm every Thursday

JPS Health Network & the City of Forest Hill are proud to present the Diabetes Educational Empowerment Program. This 8 week program focuses on pre-diabetes, diabetes, nutrition, and physical fitness.

Everyone is welcome and encouraged to attend!
There will be drawings for prizes after each class!
(Physical activity will be low impact to benefit everyone)



Questions? Call (817) 702-2843