



Take care of yourself and take charge of your diabetes

Our **free** Diabetes Empowerment Education Program can help you:

- Understand how diabetes works
- Identify and prevent diabetic complications
- Learn strategies to monitor, manage and control diabetes
- Plan meals with foods you like and need
- Realize how physical activity helps control diabetes

**Auditorium 1, Florida Department of
Health in Marion County**
1801 SE 32nd Ave., Ocala, FL 34471

**This is an eight-week class that will
meet on Tuesdays at 5:30–7:30 p.m.
on the following dates:**
Jan. 16, 23, 30;
Feb. 6, 13, 20, 27;
Mar. 5

**Space is limited.
Health Screenings will be provided.
Open to the public!**

To register or for more information, contact Melissa Marino or Marisol Perez:
Melissa.Marino@FLHealth.gov • 352-644-2624
Marisol.Perez2@FLHealth.gov • 352-644-2618

Take Charge Of Your Diabetes A Guide For Patients

SJ Ball



Take Charge Of Your Diabetes A Guide For Patients:

Decoding **Take Charge Of Your Diabetes A Guide For Patients**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Take Charge Of Your Diabetes A Guide For Patients**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

<https://archive.kdd.org/book/publication/Documents/The%20Bars%20Of%20Iron%20Barbara%20Cartlands%20Library%20Of%20Love%209.pdf>

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