

I'm ready to take control of my diabetes.

I'm ready to learn what I can do to fight this disease.

I'm ready to learn how to make healthier food choices.

I'm ready to get help.

I'm ready to not feel like my disease controls me.

I'm ready to take control of *my life*.



Decatur County  
Memorial Hospital

The Quality Care You Want. Close By.



## DIABETIC CLASSES

information

schedule

topics

support

