Do you or someone you love have diabetes? **Everyone with Diabetes Counts** is a program that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

**Please join us if you:**
- Are 65 years of age or older
- Are a Medicare beneficiary
- Have borderline diabetes or diabetes

**Program details:**
- Each class is 2 hours
- Six short weekly workshops
- No cost to participate!

**Where:** North East Medical Services
Health Promotion Room
1870 Lundy Ave,
San Jose 95131

**When:** 8/23/2019 - 9/27/2019
Every Friday

**Time:** 9:30pm - 11:30am

**To register, call (408) 573-9686 Ext. 8711**
or register at Health Promotion Room

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NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese 注意：**如果您使用中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929).

**Vietnamese CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).