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