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 Pacific Clinic
728 Pacific Ave, 2nd Floor

**When:**
Every Friday

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

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

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Chinese: 您使用中文, 您可以免费获得语言援助服务。请致电 (415) 391-9686 转内线 8160 (TTY: 1-800-735-2929)。