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:** Chinatown Center  
City College of San Francisco  
Room 1405, 808 Kearny St,  
San Francisco, CA 94108

**When:** 9/27/2019 - 11/1/2019  
Every Friday

**Time:** 1:30pm - 3:30pm

**To register, call (415) 391-9686 Ext. 5843 or register at Health Promotion Room**

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**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).