

# Adult Diabetes

# OPEN HOUSE

JOIN US AT 6PM

# Thursday March 11

**Our Health/Nuestro Centro de Salud**

Main Lobby, 200 South Evans Street, Uvalde

**FREE**  
& Open  
to the  
Public!

- Free blood sugar & blood pressure screenings
- Exhibitors with diabetes products, information & self-management tips
- Diabetes 101 presentation by Lesli Staton, R.D.
- Register for free diabetes self-management classes
- Diabetes Aware, an online risk assessment tool will also be available
- Healthy refreshments & great door prizes

Millions of Americans have diabetes, and about a quarter of those don't even know they have the disease. If you have diabetes, we will have great information on lifestyle and management. If you don't have diabetes, you can find out your risk for developing diabetes. Family members and caregivers are encouraged to attend. Call Ruth Villarreal to learn more, at **(830) 278-3765**, ext **3308** or by e-mail to **[rvillarreal.chdi@tachc.org](mailto:rvillarreal.chdi@tachc.org)**.



Green Thumb  
Garden Club

St. Henry De Osso  
Family Project



Uvalde  
Adult Activity Center



D.R.E.A.M.  
Project  
Diabetes Prevention & Education

