

# DIABETES

Fun and Interactive Wellness Learning

**FREE Classes to Help YOU Live Better with Diabetes!**

**Buffalo Hill Terrace  
Immanuel Lutheran Communities  
40 Claremont St. • Kalispell, MT 59901  
Classes meet on Mondays  
Feb. 5, 12, 19 & 26 • Mar. 5 & 12  
1:00 to 2:30 PM**

These FREE classes are meant to support, not replace, professional diabetes self-management education. They are designed for people with Medicare, but anyone with diabetes or pre-diabetes (high blood sugar) is welcome. Class size is limited, so register today!

**Take Charge of Your Health  
and Control Your Diabetes**

**Learn about Healthy Eating**

**Learn about Diabetes  
and Your Body**

**To register, please call  
Buffalo Hill Terrace  
at (406) 752-9624.**

