



# Hampton AM Activity Center

presents

## Managing Your Diabetes

Hampton AM Activity Center welcomes McLaren Diabetes Health Educator, to speak on Managing Diabetes. Topics reviewed will be A1C and why it is extra important to maintain excellent foot and eye care with this disease. Join us as we venture into healthy life changing choices. Knowledge is power and only you are responsible for your healthy choices. A nutritious, delicious healthy lunch to follow program. All who attend will be entered into a drawing. Get your reservation in early. See you there.

Location: Hampton AM Activity Center, 801 W. Center Ave. Essexville

Tuesday, May 23, 2017

11:00—12:00 p.m. Program  
Lunch to follow



Suggested donation for Lunch:  
\$2.50 (60 years & better)  
\$4.75 (59 years & under)

Menu: Entrée: Seasoned Swiss Steak, Mashed Potatoes, Veggies, Bread, Brownies  
choice of salad or sandwich: Salad: Spinach or Sandwich: Taco Salad Wrap

Call Irma for any transportation requests and reservations at 895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. or main office at 895-4100 or toll free 1-877-229-9960.  
Visit our web page at [www.baycounty-mi.gov/Aging/](http://www.baycounty-mi.gov/Aging/)  
Like us on Facebook: [facebook.com/Bay County Division on Aging](https://facebook.com/Bay County Division on Aging)

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Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 Address: \_\_\_\_\_ Amt. Paid: \_\_\_\_\_  
 Indicate menu request: Entrée: \_\_\_\_\_ Salad: \_\_\_\_\_ Sandwich: \_\_\_\_\_  
 Eligible (60 yrs. & better) \_\_\_\_\_ Non Eligible (59 yrs. & under) \_\_\_\_\_