

Are you Pre-Diabetic?
Do you have Diabetes?



Diabetes Self Management Sessions

Join The Wellness Plan for a free 6 week course on risk factors for diabetes, modifying your eating habits, managing blood sugar levels and living a healthy lifestyle to reduce complications from diabetes.

April 18, 2019-May 23, 2019

Every Thursday 12pm-2pm



East Medical Center

4909 East Outer Drive
Detroit, MI 48234

Call 313-875-5730 to RSVP