Announcement by: (Delete 11/18)

Sandra Seals, UAA
Virginia Cooperative Extension – Bedford
540-586-7675

Susan Prillaman, Bedford Cooperative Extension Office, is offering a 6-week *Balanced Living with Diabetes* class at our office beginning the first of October.

This has been a tremendously helpful class for people with pre diabetes, diabetes, and family members with diabetes. We would like to share this information with the Bedford Community.

BALANCED LIVING WITH DIABETES

6 LESSON - HANDS-ON WORKSHOP FOR PEOPLE WITH DIABETES AND THEIR FAMILIES

- **HANDS-ON PREPARATION AND SAMPLING OF HEALTHY TASTY MEALS**
- **HOW TO UNDERSTAND COMMON DIABETES TESTS**
- **NUTRITION, MEAL PLANNING, AND EXERCISE TIPS**

WHEN: OCTOBER 10,17,24,31 & NOVEMBER 7 & 14, 2022; 5:30-7:30 PM
WHERE: BEDFORD COOPERATIVE EXTENSION OFFICE
1257 COUNTY FARM ROAD, BEDFORD, VA 24523
COST: $10 FOR INDIVIDUAL, $15 FOR TWO HOUSEHOLD MEMBERS
MAKE CHECKS PAYABLE TO: TREASURER - VIRGINIA TECH AND MAIL TO EXTENSION OFFICE
THERE WILL BE A $50 SERVICE FEE FOR ALL RETURNED CHECKS. IT MAY TAKE AS MUCH AS 30 TO 60 DAYS TO PROCESS REFUNDS.

QUESTIONS? CONTACT SUSAN PRILLAMAN 540-586-7675

Bedford Community Health Foundation

Virginia Tech Center for Public Health Practice and Research

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Bedford Extension Office at (540) 586-7675 [TDD: (800) 828-1120] during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

Participant Name(s): _____
Address: _____
City: _____ State: _____ Zip: _____
Phone Number: _____
Email: _____

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