
First Choice Community Health Center
DIABETES MANAGEMENT

Wellness
Center

5:30pm-7:30pm
1st & 3rd Thursday

Wellness
Center

Discussions

- ★ Medication
- ★ Drug Effects
- ★ Your Numbers
- ★ Good Habits
- ★ Accountability

Fitness & Food

- ★ Food Preparation
- ★ Food Samplings
- ★ Physical Fitness
- ★ Exercise
- ★ And more...

40 Autumn Fern Trail Lillington, NC 27546

Contact: Rick Newsome
910-364-0970 ext 1643