



Registration is Now Open

- * **Free** program in Kent for individuals with type 2 diabetes and their loved ones (with or without diabetes)
- * Educational workshops
- * Support from others who understand
- * **Attend all 4** workshops and receive a \$50 grocery store gift card

Contact Lynne Armstead, MPH with questions, or to reserve your spot today

Lynne.T2andYou@gmail.com or 206-300-3343

