

Health-Wise Woman



*Black Women's
Health Imperative*

- ★ Diabetes affects 25% of all Black women over the age of 55.
- ★ Blacks suffer disproportionately from diabetes related complications like blindness and amputations.

Diabetes Self-Help & Management Program

A fun, active and informative program that feeds your mind, body, and spirit and helps you to make your health a priority!

Participate...

- Dance your way to a livelier, healthier you
- Watch what you eat without missing out on the foods you love
- Keep your feet looking pretty...it's about more than pedicures!
- Learn cooking and food preparation tips from local chefs
- Connect with women just like you and learn fun ways to get your health on track!

We provide ALL the tools necessary for success!

Join us! Contact Nekose Wills

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Diabetes is not our destiny!