

DO YOU HAVE PREDIABETES OR DIABETES?

**LET US HELP YOU
TAKE BACK YOUR HEALTH!**

FREE or Covered by Insurance

Nexus Montgomery can help you prevent
and self-manage Type 2 diabetes.

Classes include information on:



Nutrition



Physical Activity



Stress Management



Medication

Want More Information?
CONTACT US TODAY!

Call Directly: 301.816.2680

Leave a Voicemail: 301.816.2632

Email: nexusdiabetes@jssa.org

