



## Living a Healthy Life with Diabetes

This **FREE** six-week program can help you better manage type 2 diabetes or pre-diabetes. Spouses and caregivers are welcome.

**When:** Fridays, 9:30 a.m. -12:00 p.m., October 18, 25,  
November 1, 8, 15, 22

**Where:** University of Missouri Extension in Cooper County  
510 Jackson Road, Suite A, Boonville

**Register by October 11. Reserve your seat today!**

Call 660-882-5661 or email [cooperco@missouri.edu](mailto:cooperco@missouri.edu)

*Contact us immediately if you need accommodations because of a disability, need to relay emergency medical information or need special arrangements if the building is evacuated. Contact: Robin Gammon 660-882-5661.*