

*Annual*

# Diabetes Health Fair

**Thursday, Nov. 5**

**8 a.m. - 1 p.m.**

**Care First Clinic**

1106 South Street - Next door to Brookshire Brothers

- \* Free HbA1C \***
- \* Blood Glucose \***
- \* Vision \* BMI \***
- \* Free Flu Shots \***



Free Glucometers while they last!

## Community Grocery Tours

**Thursday, Nov. 5**

**9 a.m. - noon**

**Every 15 minutes at Brookshire Brothers**

**First 50 participants get a \$10 gift card!**



**Diabetes Smart  
In Your  
Shopping Cart!**

- \* Diabetes Smart Shopping on a Budget \***
- \* Carb Counting \* Seasonal Shopping & Cooking \***

Additional Grocery Store Tours - Nov. 12 & 19 @ 9 a.m.

**Brookshire Brothers**

