

A photograph of medical supplies on a purple background. In the upper right is a silver and black glucometer with a white test strip inserted. To its left are two insulin syringes with orange plungers. Below these items is a white calendar strip with icons for an alarm clock, an apple, a water drop, and a notepad.

Be

*Grateful*

# National Diabetes Month

November 2023

Please join us as we discuss how we can be healthy while having a diagnosis of Diabetes. How our diet can play a move role.

DR. JAMES W.  
**HEMSTOCK**  
ASSISTED LIVING RESIDENCE  
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