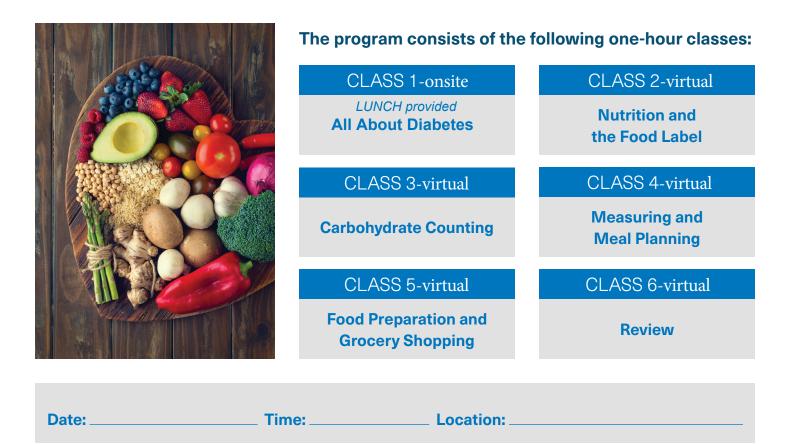
Take Charge

Diabetes Information and Nutrition Wellness Class

As your company's partner in health, Capital Blue Cross is pleased to offer "Take Charge", a six-session education program that can empower you to live healthy by making smart dietary decisions and positive lifestyle changes.

Take Charge, led by a Capital Blue Cross Registered Dietitian, is for EVERYONE, and particularly those with diabetes or pre-diabetes, high-risk individuals, and relatives of family members living with diabetes.



Deadline to register for the class is August 30th, please visit:



CapitalBlueCross.com

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