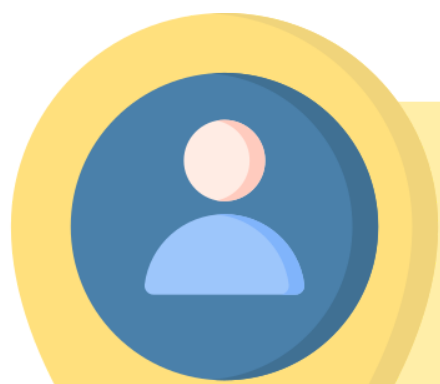


# DIABETES SUPPORT GROUP

Take control and live well

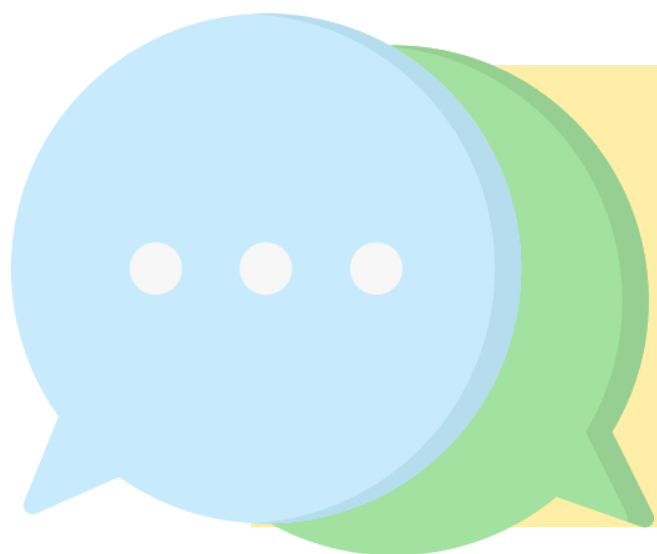
## JOIN US!



...at the Tisbury Senior Center,  
third Monday of the month @  
1:00pm!



Guest speakers, cooking  
demonstrations & self-  
management tools!



Group discussion & support  
from a Registered Nurse!

 Island Health Care

Martha's Vineyard  
**MVBOH**  
Boards of Health