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FREE PROGRAM HELPS TAKE CONTROL OF DIABETES

Six-week Everyone with Diabetes Counts course will help people with Type 2 diabetes enjoy healthier lifestyles

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Ocala, Fla.—The Florida Department of Health in Marion County and Measure Up Marion are offering free diabetes classes across the county.

Everyone with Diabetes Counts is a six-week program that encourages small lifestyle changes while helping people learn about their diabetes and the way it affects health. People with Type 2 diabetes are eligible. Classes are beginning soon in four locations:

March 23, **Ramah Missionary Baptist Church**, 10545 SE 58th Ave., Belleview

March 28, **Marion Oaks Community Center**, 284 Marion Oaks Lane, Ocala

March 30, **Citra First United Methodist Church**, 2000 NE 180th St., Citra

May 3, **Faith Central International Church** 18252 North Highway 441, Reddick

To sign up for the free program, call Kim Pike at 352-629-0137, ext. 2025.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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