



## ***Are you at risk for Diabetes?***

*The Jones Center invites you to attend*

## ***Pre-Diabetes & Diabetes Alert Day***

**265 Sheraton Blvd. Dr. Macon, GA 31210**

**Friday, November 10<sup>th</sup>**

**9:00 a.m. – 12:00 p.m.**

**Dr. Thomas C. Jones and Dr. Candi Nobles-James,** along with members of the clinical team, will educate us on the signs of Pre-Diabetes, Complications of Diabetes, Mindfulness & the benefits of Meditation for stress & pain management, Nutrition and Exercise.

### **Free Blood Sugar Testing**

**Learn how to prepare healthy, delicious and nutritious snacks**

**Coffee and snacks will be served.**

### **Raffle Items Include:**

Body Composition Testing

1 Month Jones Center Membership

1 hour Private Nutrition Counseling Session

***Reserve your seat by Wednesday, November 8th  
call (478) 746-8626***