



"Up With Wellness Down With Health Disparities"

DEEN Development Corporation 501c3

5290-4 Norwood Ave. • Jacksonville, FL. 32208 • 904-765-6002 • www.deendevlopment.org

"Beat Diabetes Class"



Tuesday, July 6, 2010

@6:30pm

DEEN Wellness Center

(Formerly ABz-Solute Fitness)



- ✓ Diabetes and Exercise with Melinda Henry, Certified Personal Trainer
- ✓ Diabetes Education with Lavern Webster BSN, RN, CDE
- ✓ Diabetes Nutrition and Cooking Demonstration with Executive Chef DeJuan Roy

The 6 week classes are held at DEEN Wellness Center • 5290-4 Norwood Ave.

If you're looking for a complete program to help reduce the debilitating effects of diabetes and its related illnesses.



Call (904) 765-6002 for registration

Space is limited

Diabetes and Health Disparities, Education, Exercise, and Nutrition

The mission is to provide preventive measures that address diabetes and other health disparities within the minority communities through culture awareness information, physical fitness activities and better food choices to ultimately enhance and increase life-expectancy.