* Meet once a week for seven weeks
* Have fun learning through games, activities and conversation
* Make sense of your blood sugar numbers
* Learn about nutrition, exercise, managing stress, and more!
* Learn about Chronic Kidney Disease

**Rivers Crossing Senior Center**

**5215 Bus Hwy 13 NE**

**Osceola, MO 64776**

**Location: Rivers Crossing Senior Center**

**Start date: October 9th, 2018**

**Every Tuesday for 7 weeks**

**Time: 1 – 3pm**

**www.missouriclaim.org**

**To request a workshop, or for more information:**

**Sandra Knight 660-207-7288**

**Community Health Worker, Compass Health Network**