



Sponsored in Kentucky by



Charla Young's appearance is provided by Passport Health Plan.

KNOWLEDGE IS POWER!
Become a **LIVE EMPOWERED AMBASSADOR** and share what you learn with your church and community!

Meet Louisville Star, **Charla Young**, Founder of *Power to Exhale* and internationally known motivational speaker!

Give your church and community members the gift of good health. Join this free event to learn about American Diabetes Association resources for churches, community centers and community health workers.

TOPICS INCLUDE:

- *Power Over Diabetes Management, Prevention & Treatment**
- *Fit & Faithful Physical Activity**
- *O' Taste & See Healthy Eating**
- *A Clean Heart Diabetes & Heart Disease**
- *Train Up a Child Prevention of Type 2 in Children**

Saturday, August 5 from 9 am to 1 pm

St. Stephen Family Life Center

1508 W Kentucky Street | Louisville, KY

***Complimentary lunch included**

RSVP by July 31 to acarlos@diabetes.org

Or (859) 268-9129 ext. 3322

**Diabetes is America's #1 Health Crisis.
Help Stop Diabetes!**

SUPPORTING SPONSORS



**NORTON
HEALTHCARE**