

# On the Road to Better Diabetes Health... Today and Tomorrow!

January 2011

Rural Health Group, Inc.

## I Want to Know!

### Get screened for chronic kidney disease - **FREE!**

**What: Chronic Kidney Disease Screening!**

**Where: Sallie R. Jordan Center**  
106 Clay St., Seaboard NC

**When: Thursday, January 27, 2011**  
10am—1pm

If you have:

- Diabetes
- High blood pressure
- Heart disease
- Family member with kidney disease or kidney failure.

**PLEASE REGISTER  
FOR SCREENING!!**

**Partners: UNC Kidney Center, Northampton County Health Dept,  
Rural Health Group, Inc.**

For More Information: Contact Hallie Peace at 252-534-5841, ext 631

**Early diagnosis and management can stop or slow the progression of chronic kidney disease and prevent the need for kidney replacement therapy (dialysis or transplant).**

### January Diabetes Support Group Meetings

Jan. 4, 2011— Littleton Senior Center: 11am-12pm  
Jan. 12, 2011— J.W. Faison Center: 9am-10am  
Jan. 12, 2011— Jordan Seaboard Center: 3pm-4:30pm  
Jan. 18, 2011— Halifax Health Link: 10am-11am  
Jan. 20, 2011— RHG at Scotland Neck: 12pm-1pm  
Jan. 27, 2011— Medical Clinic of Enfield: 12pm-1pm

All meetings are free and the public is always invited. You do not have to be a patient at Rural Health Group to attend!

### Wii @ Seaboard!!!!

Seaboard clinic has a Wii video game system available for public use!

Sign-up for 30 or 60 minute sessions!!!

Programs available include:

- Wii Fit Plus
- Jillian Michaels Fitness Ultimatum 2010
- Wii Sports

There is no charge to use it!

Questions or concerns on what you've seen in here??  
Call Marie Jones at 252-589-1036.

