

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

April 2011

Rural Health Group, Inc.

How can exercise help you?

*Research has shown that physical activity can

- lower your blood glucose and your blood pressure
- lower your bad cholesterol and raise your good cholesterol
- improve your body's ability to use insulin
- lower your risk for heart disease and stroke
- keep your heart and bones strong
- keep your joints flexible
- lower your risk of falling
- help you lose weight
- reduce your body fat
- give you more energy
- reduce your stress levels

* http://diabetes.niddk.nih.gov/dm/pubs/physical_ez/#lifestyle



April Diabetes Support Group Meetings

April 5, 2011—Littleton Senior Center: 11am-12pm

April 13, 2011—J.W. Faison Center: 9am-10am

April 13, 2011—Jordan Seaboard Center: 3pm-4:30pm

April 19, 2011—Halifax Health Link: 10am-11am

April 21, 2011—RHG at Scotland Neck: 12pm-1pm

April 28, 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 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
- Michael Jackson "This is It"

There is no charge to use it!

Questions or concerns on what you've seen in here??

Call Marie Jones at 252-589-1036.

