



## **Free Health Workshop: Exercising With Diabetes**

Presented by Sharp HealthCare

**Tuesday, September 11, 2018**

**1 to 2 p.m.**

**Pacific Beach/Taylor Branch Library**

**4275 Cass Street**

**San Diego, CA 92109**

If you or a loved one is living with diabetes, regular exercise can help you feel better. At this free workshop, a diabetes educator will discuss how to stay motivated to exercise and improve your health.

**To register, call 1-800-82-SHARP (1-800-827-4277) or visit [sharp.com/citywellness](http://sharp.com/citywellness).**

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

*District 2 Councilmember Lorie Zapf is a proud supporter of this workshop.*