

# MIRACLE

Managing Insulin Resistance, A Changing Life Experience

## Free Diabetes Education Program

### Open to the Public

Church Based Lay Health Advisors:

Celestine Bryant  
India Bazemore  
James Ray Jones  
Vickie Chance

Oretha Berry  
Denise Nance  
Sylvia Mundine

**Third session beginning in November**

### Program Activities

- Provide diabetes prevention and management education workshops
- First Place (Christ-centered health program)
- Food Literacy
- Community Events
- One-on-One education sessions for persons with diabetes or at-risk for diabetes
- Diabetes screening and education

For more information, please contact Natalie Newsom, Health Educator, at the Jones County Health Department at 252-448-9111.