

Have Diabetes? Pre-Diabetes?

Free Living Healthy with Diabetes class can change your life.

You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms before they manage you! Together we will create a "tool box" to help understand emotions, healthy eating, problem solving, the role of physical activity and more!

This is a course focused on your personal choice-you work on what you want to work on. It's an exciting course that is very interactive.

Living with or caring for someone with Diabetes can affect your quality of life. This six-week, no cost Living Healthy with Diabetes workshop is designed to help you better manage your Diabetes and live a happier, healthier life!

Whether you have been recently diagnosed with diabetes, pre-diabetes or have had diabetes for years this workshop will give the tools and techniques you need to find practical ways to deal with your stress, discover better nutrition and exercise choices that will work for you.

This has been a very popular program throughout the country-the research issues out of Stanford University and people who have taken part in this program have improvements in: Exercise, symptom management, communication with doctors, general health, improvements and fatigue.

The no cost, Living Healthy with Diabetes classes will be held at the Grace Senior Center, located at 199 Highway 742 South in Wadesboro, just past IGA. This is a six week class that is scheduled for every Thursday from 12:30 p.m. to 3:00 p.m. starting May 16 through June 20.

Class size is limited and registration is required. Call Rita Short at 704-694-6217 or 704-994-3494 and start living healthier and happier!



- Our services include:**
- Limited Ultrasounds
 - Pregnancy Tests
 - Pregnancy Verification
 - Clothes Up To 4T
 - Prenatal, Parenting & Childbirthing Classes

HOPE
Pregnancy Resource Center

www.hprc-anson.org
hope.prc.anson@gmail.com

148 East Morgan Street
Wadesboro
704-690-6689

All services are free and confidential. Office hours are Mon & Tue 1:30-4

Chesterfield's Yard Sale of the Carolinas is Saturday

Chesterfield's annual Yard Sale of the Carolinas will be held this Saturday, May 11, from 7 a.m. to noon. The event is located between the 200 and 300 blocks of West Main Street (in front of County Courthouse) in Chesterfield. It is a day of fun and great deals!

There's something for everyone!

Single booth space (one parking space) is available for \$15, and multiple spaces may be reserved. Registration is available at the Sunshine Shoppe, located at 122 Main Street in Chesterfield.

If you would like more information call 843-623-3938.

The event will be held regardless of weather. It is sponsored by Chesterfield County - Discover the Undiscovered, the Greater Chesterfield Chamber of Commerce and the Sunshine Shoppe.

made from
Scratch
Country Cooking

BREAKFAST
Mon-Sat 5:30-11
Sun 7-11

DINNER & SUPPER
Mon-Sat 11-9
Sun 11-3

PA'S COUNTRY KITCHEN
704-270-0070

3944 Vintage Road in Lilesville
Formerly The Old Store

SPECIALS

Friday Night
All you can eat Alaskan
White Fish \$9.99

Saturday Night
12 oz Ribeye with
choice of 2 Sides \$15

BEAT THE RUSH!

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SPORTS • CAMPS
KINDERGARTEN
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Same Day Sick Appointments Available

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Serving Anson County Since 1996

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Call 704-994-2300 for an Appointment

904 Morven Road, Wadesboro, NC 28170



Don't let leg pain slow you down.

Pain **Discoloration**

Aching **Burning Sensation**

Numbness **Swelling**

Are all symptoms of Peripheral Arterial Disease (PAD)

One in every 20 Americans over the age of 50 suffers from PAD - a condition caused by plaque or fatty deposits in the arteries that limit blood flow to the legs and feet. This puts them at greater risk for heart attack, stroke and limb loss.

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