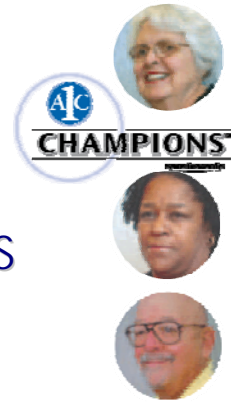


JOIN US TO LEARN HOW YOU CAN LIVE A  
**HEALTHIER LIFE,**



FROM A 'REAL PERSON' WITH DIABETES WHO HAS  
**'WALKED IN YOUR SHOES'.**

**You won't want to miss this special session.**



***"Taking Control"***

with

**Ruth Charne**

"I have diabetes and I  
*understand* the  
challenges you face."

Saturday; April 19<sup>th</sup> 2008  
10:00 a.m.  
Bharatiya Cultural Center Hall  
1612 County Line Rd  
Montgomeryville, AP 18936  
[www.b-temple.org](http://www.b-temple.org)

*Ruth Charne is an A1C Champion. She has diabetes and will share her personal experiences and helpful insights on successfully managing diabetes. If you haven't already, please take the first step toward living a healthier life.*



***"You are not alone on your journey with diabetes."***

Call Akkaraju Sarma, MD at 215-530-7438 with any questions.  
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