



Parks & Recreation Department

P.O. Box 2570
Waco, Texas 76702-2570
254 / 750-5781
Fax: 254/ 750-5782

For Immediate Release
Contact: Jonathan Cook

**SOUTH WACO COMMUNITY CENTER TO HOST DIABETES
PREVENTION AND MANAGEMENT PROGRAM**

Waco, Texas (Jan. 10, 2017) – The City of Waco Parks and Recreation Department in collaboration with Baylor Scott and White will host For Your Family, a diabetes prevention and management program of the American Diabetes Association, at the South Waco Community Center, 2815 Speight.

The comprehensive program will be held from 6 p.m. – 7 p.m. Wednesdays, January 11th, 18th, 25th and February 1. Sessions include a variety of health related topics, healthy culinary demonstrations and interactive physical activities. Registration begins at 5:30 p.m. and all sessions are free to the public. Participants will receive healthy refreshments and goodie bags.

For more information, call 254-750-8650 or email rebecca@cawaco.org.

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