

the



SUNSHINE GANG

Friday

November 14th

**Devotions & Donuts
at the YMCA**

9:00am

Wednesday

November 19th

**Thanksgiving Dinner
at the YMCA - bring a
side dish!**

12:00pm

Friday

November 21st

**Bingo & Pizza
12:00pm**

Wednesday

November 26th

**Gather - Community
Thanksgiving Meal at the
Sparta Civic Center
4:00-7:00pm**

November Health Awareness: National Diabetes Month

More than 1 in 3 adults in the United States have prediabetes — and many of them don't know it. National Diabetes Month is a time to raise awareness about diabetes as an important public health issue and encourage people to take charge of their health.

This year, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) is focused on taking action to prevent diabetes-related health problems.