



# S.W.E.E.T.S. Program

**S**ugar Control, **W**eight Control, **E**xercise Daily, **E**ating Better, **T**esting Regularly

City of Gainesville, Employee Health Services

Are you a diabetic and want to know more about your health? Would you like to avoid the monthly costs of checking your sugar and taking your insulin? How about getting your supplies free of charge? All this is possible by just attending a monthly program that will give you the help you need to get healthy and stay that way.

One simple call will get you on your way. The program starts February 18th, 2008.

**Registration Deadline: 3:00 pm January 25th, 2008**

For more information and to register, please call Employee Health Services at **352-334-5037**.

City of Gainesville, Employee  
Health Services

222 East University Avenue  
Station 44  
Gainesville, FL 32602

Phone: 352-334-5037  
Fax: 352-334-3185  
E-mail: [johnsonac@cityofgainesville.org](mailto:johnsonac@cityofgainesville.org)