

Take
Control



DIABETES WORKSHOP

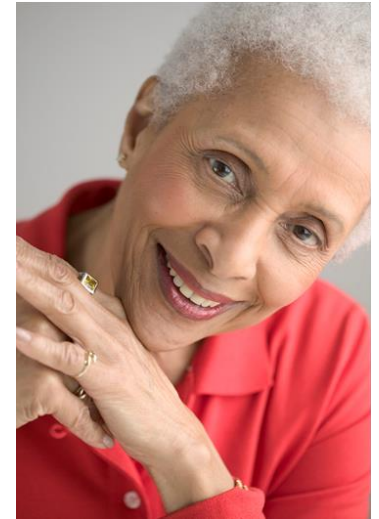
"It's Your Life...Live it Well"

SPRING 2017 DIABETES SELF-MANAGEMENT WORKSHOPS

Feel
Better

Learn about diabetes including:

- What to eat and when to exercise
- Monitoring your blood sugar
- Foot care
- Communicating with family and your health care provider
- Low and high blood sugar
- Sick day guidelines
- Tips for dealing with stress
- How to set small and achievable goals



Energize

These are just some of the topics covered!

Live

New London

Location: New London Community Health Center, 1 Shaw's Cove, New London, CT 06320.

Date: March 27, April 3, 10, 17, 24, and May 1, 2017

Time: 4:30-7:00pm

Register: Contact Cindy at Ledge Light Health District
(860) 448-4882 ext. 302

Waterford

Location: Waterford Community Center 24 Rope Ferry Road, Waterford. CT 06385

Dates: Tuesdays, April 18, 25, and May 2, 9, 16, and 23,

Time: 9:30am – 12:00pm

To register call: Waterford Senior Services 860-444-5839

Fee: No Cost

This workshop is for adults living with diabetes, pre-diabetes and/or their care givers.

Enjoy

