Healthy Living Department

Presents

Diabetes Self-Management

This 6-week workshop developed by Stanford University will bring you and your peers together to connect, work together, talk and learn about living healthy with diabetes.

Learn and Explore:

- What is Diabetes
- Menu Planning and Eating Healthy
- The two tests needed to monitor your blood glucose
- The importance of foot care as a diabetic
- How to prevent low blood sugar
- How to manage symptoms
- Use relaxation techniques
- Stress Management
- Feel better and take charge!

Tuesdays

Nov. 3, 10, 16,
Dec. 1, 8 and 15, 2020
1:00pm-3:30pm

Virtual Class

We will provide virtual training prior to the first class!

To register contact Maureen McCarthy:
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ext. 59103

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