

Healthy Living Center of Excellence

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

Oct. 4, 11, 18, 25,
Nov. 1st & 8th, 2022

10:00-12:30pm

**Royal Palm Beach
Recreation Center**

100 Sweet Bay Lane

Royal Palm Beach, FL
33411

**For Information or
to register call:**

561-790-5124

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Area Agency on Aging

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