Healthy Living Center of Excellence
Presents

Diabetes Self-Management

This 6-week workshop develop 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!

Mondays
January 16, 23, 30, Feb. 6, 13 and 20, 2023
12:30-3:00pm
St. Helen’s Catholic Church
2000 20th Street
Vero Beach
To register contact Maureen McCarthy: 561-214-8622

Area Agency on Aging
4400 N Congress Ave
West Palm Beach, FL 33407
561-684-5885
www.YourADRC.org
HealthyLiving@YourADRC.org

Your ADRC Helpline 1-866-684-5885