

## 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!

### **Mondays**

January 16, 23, 30,  
Feb. 6, 13 and 20, 2023

12:30-3:00pm

**St. Helen's  
Catholic Church**

2000 20<sup>th</sup> Street

Vero Beach

**To register contact  
Maureen McCarthy:  
561-214-8622**



## Area Agency on Aging

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[www.YourADRC.org](http://www.YourADRC.org)

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**Your ADRC Helpline 1-866-684-5885**

