

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!

Wednesdays

April 2, 9, 16, 23, 30,
and May 7, 2025

10:00am-12:30pm

Virtual Workshop

We will provide
virtual training prior
to the first class!

We have a Lending
Library of iPads for
those without
computers.

To register contact
Maureen McCarthy:
561-214-8622



Your ADRC Helpline 1-866-684-5885

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