

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

August 15, 22, 29,
Sept. 5, 12 and 19, 2023

1:00-3:30pm

Virtual Workshop

We will provide
virtual training prior
to the first class!

To register contact
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561-214-8622



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