

The Healthy Aging Department

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

February 18, 25, March 4, 11, 18, and 25, 2026

11:00am-1:00pm

Cathedral of St. Ignatius Loyola

9999 N. Military Trail,
Palm Beach Gardens,
FL 33410

To register, contact
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772-521-4813



Your ADRC Helpline 1-866-684-5885

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