

Take
Control



DIABETES WORKSHOP

"It's Your Life...Live it Well"

Feel
Better

Diabetes Self-Management Workshop

Learn about diabetes including:

- What to eat
- Foot care
- Low and High blood sugar
- Sick day guidelines
- Tips for dealing with stress.
- How to set small and achievable goals.



Energize

These are just some of the topics covered!

Check the Healthy Living website:

<http://cthealthyliving.org> for more information.

Date: Wednesdays, June 19th – July 24th

Time: 10:00am – 12:30pm

**Location: Glastonbury Senior Center
300 Welles St., Glastonbury**

To register call 860-652-7638

For more information, ask for Patti White

Live

An evidence-based self-management program originally developed at Stanford University. This program supported by funds made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP13-105.

Enjoy



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