

Take
Control



DIABETES WORKSHOP

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

2018 DIABETES SELF-MANAGEMENT WORKSHOPS

Learn about diabetes including:

- What to eat and when to exercise
- Monitoring your blood sugar
- Foot care
- Communicating with family and your health care provider
- Low and high blood sugar
- Sick day guidelines
- Tips for dealing with stress
- How to set small and achievable goals



These are just some of the topics covered!

THREE CONVENIENT LOCATIONS!!!

Waterford Program - Dates: Tuesdays, April 17, 24, May 1, 8, 15, and 22,
Time: 9:30am – 12:00pm

Location: Waterford Senior Center. To register call (860) 444-5839

New London Program - Dates: Tuesdays, May 22, 29, June 5, 12, 19, 26,
Time: 6:00pm – 8:30pm

Location: Ledge Light Health District
To register contact Cindy at (860) 448-4883

Pawcatuck Program - Dates: Fridays, August 17, 24, 31, Sept 7, 14, 21,
Time: 9:30am – 12noon

Location: Pawcatuck Neighborhood Center. To register call (860) 599-3285

Fee: No cost - Living a Healthy Life with Chronic Conditions books will be available on loan at no cost or participants can purchase a book for \$25.

This workshop is for adults living with diabetes and/or their caregiver or support person.

