

Take
Control



DIABETES WORKSHOP

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

Feel
Better

2023 DIABETES SELF-MANAGEMENT WORKSHOP

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!



Energize

JOIN US At the Thrive55+ Active Living Center: Powered By Groton Senior Center (by phone, by Zoom or in-person – your choice)

Live Well with Diabetes Program dates:

Dates: Wednesday evenings, April 26, May 3, 10, 17, 24 and 31, 2023

Time: 7:00pm - 8:00pm

Location: 102 Newtown Rd, Groton, CT or Zoom invitation

To register: Call (860) 441-6785

Enjoy

