

Want to Take Charge of Your Diabetes?

Become a Self-Manager!



Register for the ***Common Threads*** Workshop!

This six-week workshop is part of the Diabetes Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered telephonically!

Participants will learn about making a healthy eating plan, managing blood sugar levels, balancing eating, physical activity and medications to prevent problems as well as managing diabetes-specific problems.

Workshop Details:

This program will be held on Tuesdays via a conference call line. All participants will be mailed a Self-Management Tool Kit at no cost.

Dates: March 23rd, 30th, April 6th, 13th, 20th, and 27th

Time: 11am-12pm

To register, contact:

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