

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 *virtually (Zoom)*!

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 six-week workshop meets weekly on Tuesdays via Zoom. Participants will receive a Self-Management Tool Kit in the mail at no cost.

**Dates: September 21st, 28th,
October 5th, 12th, 19th, and 26th.**

Time: 10am-12:30pm

To register, contact:

**Stephen Merrill, Health
Promotion Nurse Supervisor**

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