

Healthy Living Department

Presents

Diabetes Self-Management

This 6-week workshop developed by Stanford University will bring you and your peers together to connect, work together, talk and learn about living healthy with diabetes.



Learn and Explore:

- What is Diabetes
- Menu Planning and Eating Healthy
- The two tests needed to monitor your blood glucose
- The importance of foot care as a diabetic
- How to prevent low blood sugar
- How to manage symptoms
- Use relaxation techniques
- Stress Management
- Feel better and take charge!

Wednesdays

April 28, May, 5, 12,
19, 26 and June, 2, 2021

10:00am-12:30pm

Virtual Class

**We will provide
virtual training prior
to the first class!**

**To register contact
Maureen McCarthy:**

561-684-5885

ext. 59103



Your ADRC Helpline 1-866-684-5885

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