DIABETES SELF-MANAGEMENT WORKSHOP

Learn about diabetes including:
- What to eat
- Foot care
- 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!

Location: Agency on Aging of South Central Connecticut
1 Long Wharf Drive, Suite 1L, New Haven, CT 06511

Program dates and times:

*Info Session: Thursday, September 7th, 2017 1:00pm-2:00pm

Sessions 1-6:
- Thursday, September 14th, 2017 1:00pm-3:30pm
- Thursday, September 21st, 2017 1:00pm-3:30pm
- Thursday, September 28th, 2017 1:00pm-3:30pm
- Thursday, October 5th, 2017 1:00pm-3:30pm
- Thursday, October 12th, 2017 1:00pm-3:30pm
- Thursday, October 19th, 2017 1:00pm-3:30pm

To register contact, Jessica Waite at (203)785-8533 or jwaite@aoascc.org