

Take
Control



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

DIABETES WORKSHOP

Feel
Better

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!



Energize

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

Program dates and times:

Live

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

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

Enjoy

To register contact, Jessica Waite at (203)785-8533 or

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