

Take  
Control



# DIABETES WORKSHOP

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

Feel  
Better

Energize

Live

Enjoy

## 2017 DIABETES SELF-MANAGEMENT WORKSHOPS

Learn about diabetes including:

- What to eat and when to exercise
- Monitoring your blood sugar
- Foot care
- Communicating with family and your health care provider
- 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!**

### THREE CONVENIENT LOCATIONS!!!

**New London Program - Dates:** March 6, 13, 20, 27, April 3, and 10

**Time:** 4:30am – 7:00pm

**Location:** New London Community Health Center. To register contact Cindy at (860) 448-4882 ext. 302.

**Waterford Program - Dates:** April 18, 25, May 2, 9, 16, and 23,

**Time:** 9:30am – 12:00pm

**Location:** Waterford Senior Center. To register call (860) 444-5839.

**Groton Program - Dates:** Sept. 7, 14, 21, 28, October 5, and 12,

**Time:** 6:00 – 8:30pm

**Location:** Groton Senior Center. To register call (860) 441-6785.

**Fee: No cost** - Living a Healthy Life with Chronic Conditions books will be available on loan at no cost or participants can purchase a book for \$25.

This workshop is for adults living with diabetes and/or their caregiver or support person.



Sponsored by Ledge Light Health District, Senior Resources, the CT State Department on Aging & CT. Department of Public Health.