

Take
Control



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



Presents

DIABETES WORKSHOP

For more info, visit cthealthyliving.org

Feel
Better

You will learn:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small and achievable goals



Energize

*No cost to attend * Sessions held once a week for 6 weeks * Caregivers welcome*

Greenwich Senior Center

299 Greenwich Ave, Greenwich, CT 06830

Mondays * 4:00 p.m. – 6:30 p.m.

July 9, 16, 23, 30, August 6, 13, 2018

To Register call:

Luis 203-717-1753 or Francia 203-413-4457

Live

Enjoy

