



Live Well with Diabetes

Join this FREE 6-week workshop and learn how to better manage your ongoing health condition!

FEEL BETTER!

TAKE CONTROL!

Learn about:

- What to eat
- Low and high blood sugar
- Guidelines for when you're feeling sick
- Tips for dealing with stress
- How to set small, achievable goals

FEEL ENERGIZED!

ENJOY YOUR LIFE!



Join the fun on the following Thursdays from 9:30am - 12:00pm
Colchester Senior Center, 15 Louis Lane, Colchester, CT 06415

- MARCH 6TH
- MARCH 13TH
- MARCH 20TH
- MARCH 27TH
- APRIL 3RD
- APRIL 10TH



Call Vickie
to register
(860) 214-0308

It's YOUR life...live it well!

