

Are you a Diabetic and looking for ways to better manage it? Consider the **Living Well with Diabetes Program**

This 6 week program is led by trained facilitators who will lead discussions in the following topics and more:

- Addressing Low and High Blood Sugar
- Preventing Complications
- Dealing with Difficult Emotions
- Healthy Eating/Menu Planning
- Physical Activity
- Action Planning

Class is on Fridays - Oct. 3 to Nov. 7, 1:00 - 3:00 pm
at the Senior Center, 535 E. Franklin St., Hagerstown

To register contact Kim at 301-790-0275, ext. 231
or ktorsiello@wccoaging.org

