

DIABETES EDUCATION WORKSHOP



REGISTER NOW

Workshops are FREE. Pre-registration required.

Whether you've recently been diagnosed with Type 2 diabetes, are caring for someone who has, or simply want to better understand how healthy lifestyle choices can make a difference, this workshop is designed to educate, encourage and empower.

Expect practical guidance on managing Type 2 diabetes through healthy diet choices, exercise and everyday lifestyle habits — without overwhelming medical jargon or impossible expectations.

**Join us Tuesday, October 6th 5-6pm,
Pease Public Library, Plymouth NH
Call: 603-536-2232 to pre-register**

