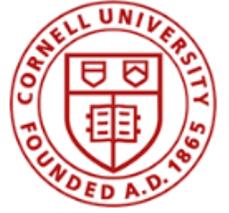




November is National Diabetes Month!



Suffolk County Lions Diabetes Foundation proudly sponsors...

Free Diabetes Community Education Workshop

to be held at

Cornell Cooperative Extension of Suffolk County

423 Griffing Avenue, Riverhead

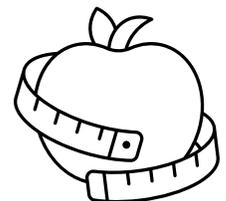
To register: email Cristina Tierney at cft36@cornell.edu

Diabetes 101: *Diagnosed with Diabetes, Now What?* November 8 @ 12 pm

This class covers the basics that you need to know if you or a loved one were diagnosed with Diabetes. Participants will learn about diabetes as well as self-management skills including meal planning, self-testing blood glucose levels, working with providers, and stress management.



Cornell Cooperative Extension | **Suffolk County**
Community Education



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.