



Center for  
African American Health  
Empowering the Community to

*Live Well!*

# DIABETES SELF-MANAGEMENT EDUCATION

Become empowered to better control your diabetes by gaining lifelong tools and habits.

## FREE INTERACTIVE DIABETES PROGRAM

This **FREE** series of diabetes group classes is open to individuals and their support network with all kinds of diabetes. Attend one or all classes.

### LOCATION AND TIME

3350 Hudson Street

Denver, CO 80207

**WEDNESDAYS**

**1-3 PM**

**October 1st, 8th, 15th, and 22nd**

### LEARN HOW YOU CAN

- Control your Blood Sugar
- Have More Energy
- Spend Less on Health Care
- Reduce Diabetes Symptoms
- And Feel Better!



Scan to register  
or visit <http://bit.ly/4nlvYp4>

For more information or to register contact  
[connect@caahealth.org](mailto:connect@caahealth.org) | (303) 355-3423