Classes forming now.*
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*Space is limited, so be sure to call soon!

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Living Healthy with Diabetes is a six session, peer-led health education program. It was developed and tested by Stanford University, and is designed to complement and enhance medical treatment and diabetes management.

If you have a diabetes diagnosis or you are caring for someone with diabetes, join us!


★ Session 2: Formula for a healthy eating plan. Preventing low blood sugar.


★ Session 5: Depression management. Communication skills. Medication usage.


“One workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”

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One-time fee of $20 covers the cost of materials.