“It's Your Life...Live it Well”

DIABETES SELF-MANAGEMENT WORKSHOP

Learn about diabetes including:

• What to eat
• Foot care
• Low and high blood sugar
• Sick day guidelines
• Tips for dealing with stress
• How to set small and achievable goals

These are just some of the topics covered! Check the Healthy Living website: http://cthealthyliving.org for more information. Open to residents of Berlin, Newington, Rocky Hill and Wethersfield.

**Date:** Fridays, September 28th – November 2nd  
**Time:** 1:00pm – 3:30pm  
**Location:** Rocky Hill Senior Center  
**Registration:** Please call Denise @ 860-258-2786

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