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.

Date: Wednesdays, October 16th – November 20th
Time: 9:30 am – 12:00 pm
Location: Rocky Hill Senior Center
761 Old Main St., Rocky Hill
Registration: Call Denise at (860) 258-2786
Eligibility: Residents of Berlin, Newington, Rocky Hill, and Wethersfield

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