

Take
Control



DIABETES WORKSHOP

"It's Your Life...Live it Well"

Feel
Better

FREE DIABETES SELF-MANAGEMENT WORKSHOP!

Learn about diabetes & pre-diabetes including

- What to eat
- Foot care
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals



Energize

These are just some of the topics covered!
You can bring a support person.

Thomaston Senior Center

158 Main Street, Thomaston

Tuesdays, Sept. 10–Oct. 15, 9:30am–12pm

To register, email elmmam@sbcglobal.net or call

860-283-9678 x225

Live

Free gifts for Participants!

All participants who attend 4 or more weeks are eligible for a raffle!

Live Well is an evidence based self-management workshop developed at Stanford University.

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Enjoy



Sponsored by the
CT Dept. of Rehabilitation Services ~ State Unit on Aging & CT Dept. of Public Health