

## Healthy Living Department

Presents

# Diabetes Self-Management

This 6-week workshop developed by Stanford University will bring you and your peers together to connect, work together talk and learn about living healthy with diabetes.



### Learn and Explore:

- What is Diabetes
- Menu Planning and Eating Healthy
- The two tests needed to monitor your blood glucose
- The importance of foot care as a diabetic
- How to prevent low blood sugar
- How to manage symptoms
- Use relaxation techniques
- Stress Management
- Feel better and take charge!

## Tuesdays

Nov. 3, 10, 16,  
Dec. 1, 8 and 15, 2020

1:00pm-3:30pm

## Virtual Class

We will provide  
virtual training prior  
to the first class!

To register contact  
Maureen McCarthy:  
**561-684-5885**  
ext. 59103



## Area Agency on Aging

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**Your ADRC Helpline 1-866-684-5885**