

Live Well with Diabetes

A FREE diabetes self-management class



Learn about:

- Understanding Common Symptoms
- Using your Mind to Manage Symptoms
- Exercising for Fun and Fitness
- Exercising Tips for People with Specific Chronic Conditions
- Communicating
- Eating Well
- Managing Your Medications
- Being a Self-Manager of your own health

6 Week Program meets every Monday evening from Jan. 22nd until February 26th

For more information call 203-481-4233 Barbara or see our website: www.esdhd.org

Space is limited. Register Now!



GET YOUR DIABETES and YOUR LIFE UNDER CONTROL!