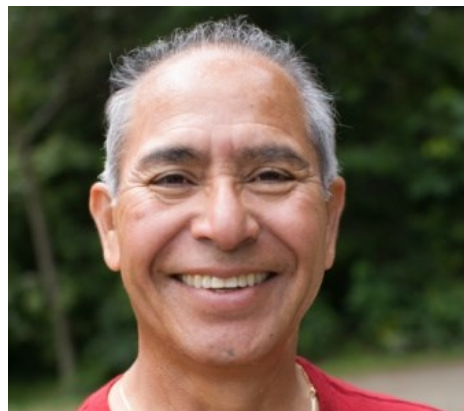


Diabetes Self-Management



Do you have Diabetes?
Join us for a free six week workshop

- Learn about healthy eating and nutrition
- Stress and depression management
- Start an exercise program & increase your energy
- Eat well to live well
- Be a healthy caregiver
- Solve problems and meet personal goals
- Partnering with your healthcare provider

Next Session:

Tuesdays

April 24 through May 29

10:00am-12:30pm

Peace Health
Health Education Center
600 NE 92nd Avenue
Vancouver, WA

To register call
Information & Assistance
at 360-694-8144
www.HelpingElders.org