Living Healthy with Diabetes is a workshop that will help you take control of your Diabetes rather than letting it control you!

If you have diabetes and you want to learn more about managing your disease, Living Healthy with Diabetes is for you. By attending this workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue & pain
- Eat healthier & read nutrition labels
- Keep your blood sugar in check
- Make daily tasks easier
- AND...Get more out of life!

Location: Korth Senior Center, 309 W Englewood, Stockton
Date: __March 11 - April 15, 2014____________________
Time: ____Tuesdays from 1 p.m. to 3:30 p.m._____________
RSVP: Call 417-276-5306 to register ~ Space is Limited! ~
Cost: $20 for entire 6 week workshop