

Take
Control



DIABETES WORKSHOP

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

For more info, visit cthealthyliving.org

Feel
Better

Support can be found here for:

- adults living with diabetes or pre-diabetes
- interested in taking control of your health
- caring for someone with Diabetes

... this workshop is for you!

You will learn:

- How to manage low blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to best care for yourself



Energize

No cost to attend * Sessions held once a week for 6 weeks * Caregivers Welcome

Live

Interested in learning more?

Call us at: 203-814-3693

Or visit:

www.cthealthyliving.org

Enjoy

