

Take
Control



Make 2023 a healthier year!

DIABETES PHONE WORKSHOP

Feel
Better

FREE DIABETES SELF-MANAGEMENT TELEPHONE WORKSHOP FROM HOME!

Learn about diabetes & pre-diabetes including:

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals



These are just some of the topics covered in a free weekly one-hour group telephone call for 6 weeks with a trained Live Well Leader

Class size is limited, so register early!

Energize

**Wednesdays, April 12 through May 17
from 10-11am**

**To register, please call Nurse Kristie at
203-881-3255 extension 107**

Free books for all!

Live

Live Well is an evidence based self-management workshop developed at Stanford University and is sponsored by The Western Connecticut Area Agency on Aging, State Unit on Aging and Connecticut Department of Public Health through grants from the Administration on Aging and the Centers for Disease Control and Prevention. **This program is supported by funds made available by the Valley Community Foundation and the Valley COVID-19 Response & Recovery Fund.**

Enjoy



**Sponsored by the
CT State Unit on Aging & CT Department of Public Health**