FREE DIABETES SELF-MANAGEMENT WORKSHOP

AT THE OXFORD SENIOR CENTER

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

Live Well is an evidence based self-management workshop developed at Stanford University.

TO REGISTER please call 203-881-5231 ext. 0

Class is limited to 20 participants so call today!

Class dates are as follows from 1:00 PM– 3:00 PM.

March 22nd, & 29th  April 5th, 12th, 19th & 26th

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

A healthy and nutritious snack will be provided by the Oxford Lions Club.