

Living Well with Diabetes

Developed by the Stanford School of Medicine

A Free 6 Week Workshop

Each session is 2.5 hours. Open to anyone, 50 and Better, living with diabetes.

WHEN

Six Monday's, Sept. 11-Oct. 16
1pm-3:30pm

*Plus, those 65 and older, that haven't take the class before, receive a \$50 Wal-Mart Gift Card when completed.

WHERE

Mason County Senior Activities Center
The Pavilion
190 West Sentry Drive
Shelton, WA 98584



LEARN HOW TO BETTER MANAGE YOUR DIABETES

- Healthy Eating
- Dealing with Stress
- Managing medications
- Communication Skills
- Dealing with Depression
- Preventing low Blood Sugar
- Safe Exercise

Free workshop is designed for individuals who are living with diabetes. Each session focuses on problem solving, decision making, and coping skills which help you to confront the ever-changing challenges of living with diabetes.

Space is limited. Please Call (360)426-7374 to register today!

