

***FREE Diabetes Self-Management Telephone Workshop from Home!***

**Learn about diabetes & pre-diabetes including:**

1. What to eat
2. Low and high blood sugar
3. Guidelines for when you’re sick
4. Tips for dealing with stress
5. 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**!

***FREE!* Diabetes
Telephone Workshop**

**Wednesdays from 6-7pm**

**July 10—August 14, 2024**

**To register, call 203-757-5449 x 125**

**or email Debby at dhorowitz@wcaaa.org**



***Free books for all & a $25 gift card for workshop completers!***

Sponsored by the Western Connecticut Area Agency on Aging.

Generous support is also provided by the Connecticut Community Foundation.

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