



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

Take Control

Feel Better

Energize

Live

Enjoy

FREE! Diabetes Telephone Workshops from 6-7pm

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!



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

**Mondays from 6-7pm June 5 – July 10
or
Thursdays from 6-7pm June 15 – July 20**

To register, call 203-757-5449 x 125
or email Debby at dhorowitz@wcaaa.org



Sponsored by the Western Connecticut Area Agency on Aging and Connecticut State Unit 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.



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**Wednesdays from 7-8pm
July 12– August 16, 2023**

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