



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

Take Control

Feel Better

Energize

Live

Enjoy

# **FREE!** Diabetes Telephone Workshops

Choose a morning or evening workshop!

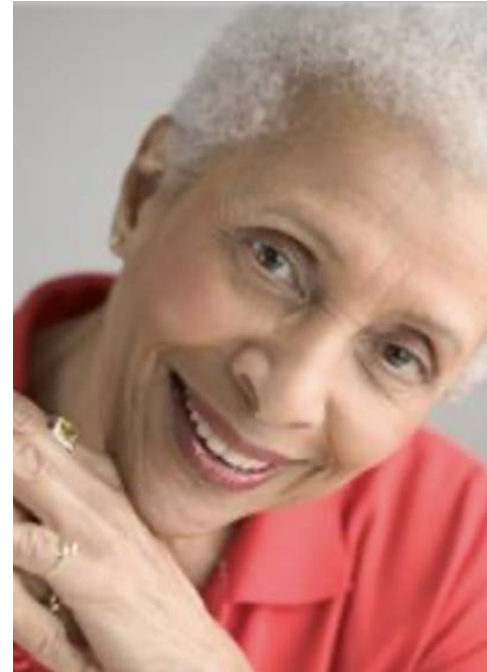
*FREE Diabetes Self-Management Telephone Workshops from Home!*

**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!**

**Wednesdays, May 8 –June 12 from 10-11am**

**or**

**Thursdays, May 2–June 6 from 6-7pm**

To register, call **203-757-5449 x 125**  
or email **Debby at [dhorowitz@wcaa.org](mailto:dhorowitz@wcaa.org)**



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.



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