

Take  
Control



*Make 2023 a healthier year!*

# DIABETES WORKSHOP

## **FREE** DIABETES SELF-MANAGEMENT WORKSHOP AT NVHD!

Learn about diabetes & pre-diabetes including:

- 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



*These are just some of the topics covered!*

*We meet weekly for 2.5-hours over 6 weeks with a trained Live Well Leader*

**Class size is limited, so register early!**

Energize

**Tuesdays, April 11 through May 16  
from 1:30pm-4:00pm**

**Naugatuck Valley Health District**

98 Bank Street, Seymour, CT 06483

**To register, please call Nurse Kristie**

**203-881-3255 extension 107**

**Free books for all!**

Live

Live Well is an evidence based self-management workshop developed at Stanford University and is sponsored by The Western Connecticut Area Agency on Aging, State Unit on Aging and Connecticut Department of Public Health through grants from the Administration on Aging and the Centers for Disease Control and Prevention. **This program is supported by funds made available by the Valley Community Foundation and the Valley COVID-19 Response & Recovery Fund.**



Enjoy

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