



FREE Diabetes Prevention and Support

Are you concerned about, or have, a chronic disease such as obesity, diabetes or hypertension?

Our free wellness workshops empower people with chronic disease and their families to effectively manage their condition and live a healthier life. Workshops take place in a collaborative environment where participants can learn from each other.

Participants will learn techniques that will help them:

- Promote healthy eating habits and medication control
- Gain control of blood glucose, blood pressure and cholesterol levels
- Learn exercises to maintain strength and endurance
- Communicate better with your doctor
- Access to ongoing support and community resources
- Reduce overall health costs

UPCOMING WORKSHOP:

To register, please contact:

Workshops include six different sessions. Each session covers a new topic. Sign up today and remember to mark your calendars so you are able to attend all sessions!

	Day	Date	Time
Session 1			
Session 2			
Session 3			
Session 4			
Session 5			
Session 6			



SIGN UP TODAY.
Start taking control of your health.

