

# Diabetes Self-Care Workshop

## Living Well with Diabetes

**FREE** six-week class focusing on:

- Monitoring Blood Sugar
- Stress Management
- Goal Setting
- Building Support
- Healthy Eating
- Exercise
- Problem Solving

**Wednesdays May 17 – June 21**

**9:30 - 11:30 am**

Franklin Savings Bank Community Learning Center  
61 Laconia Road, Tilton

To register, please call  
Community Education

**LRGHealthcare**  
*care. compassion. community.*

**527-7120**