

Diabetes Self Care Workshop

Living Well with Diabetes

Six week diabetes self-care class focusing on

- Managing blood sugar
- Healthy Eating
- Physical Activity
- Stress Management
- Goal Setting
- Problem Solving

Thursday's Jan. 12 – Feb.16

1:30 p.m. - 3:30 p.m.

**Bessie Rowell Community Center
Franklin**

LRGHealthcare
care. compassion. community.

To register, please call:

527-7120