

Take
Control



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



Feel
Better

Learn How to Self-Manage Your Diabetes

Re-
Energize

Attend a **FREE** Live Well Workshop
and learn skills to understand and
take control of your Diabetes

Live

Learn about what to eat, foot care, blood sugar,
sick day guidelines, tips for dealing with stress,
how to set small and achievable goals and more.

Join a **FREE** 6-week Live Well Workshop

Wednesdays, May 4 –June 8

1:00-3:30pm

East Hampton Senior Center

105 Main Street, East Hampton

To sign up call East Hampton Senior Center @ 860-267-4426

Or the Chatham Health District at 860-365-0884

Enjoy

Sponsored by the Western CT. Area Agency on Aging &
State of CT Dept. on Aging & State of CT. Dept. of Public Health.