



Diabetes Self-Management Program

*Living Healthy: FREE six-week workshop series
for adults with diabetes and/or caregivers*

Tuesdays, April 24 - May 29 • 1 to 3:30 p.m.

People Inc. Oak Senior Living • 8099 Sheridan Drive, Clarence

Participants will make weekly action plans and share experiences.

Topics Include

- Techniques to deal with the symptoms of diabetes, hyper/hypoglycemia and stress
- Appropriate exercise for maintaining and improving strength and endurance
- How to reduce pain
- Working more effectively with health care providers
- Enjoy life again

To register, call 716.773.0907

