



*Do you have diabetes and want to take charge of your life?*

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

**NEW  
DATES**

**Tuesdays, September 22 – October 27, 2015 • 1:30 – 4:00pm**  
People Inc. Pine Senior Living • 6231 Tonawanda Creek Rd. North, Lockport

*"I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Healthy workshops put me back in charge. Now I have the energy to do the things that matter. I'VE PUT LIFE BACK IN MY LIFE."*



To register go to [ceacw.org/workshop-registration/2480](http://ceacw.org/workshop-registration/2480),  
call 716.773.0907 or e-mail [marigold-manager@people-inc.org](mailto:marigold-manager@people-inc.org)

