

Healthy Living

DIABETES SELF-MANAGEMENT

Are you living with type 2 diabetes, pre-diabetes or a caregiver of someone with diabetes?

This interactive **Live Well, with Diabetes!** workshop can help you take charge of your life and...

- Discover better nutrition and exercise choices
- Learn better ways to talk with your doctor and family about your health
- Learn how to manage symptoms of diabetes
- Make a step-by-step plan to improve your health and enjoy your life!

**Group meets weekly for 6 weeks.
FREE & Open to the Public**



**Space is Limited!
Pre-Registration is
required.**



DATES: Tuesdays, October 20 to November 24, 2020

TIME: 2:00pm to 4:30pm

LOCATION: Senior Center of York

5314 George Washington Memorial Hwy

**REGISTER: on-line at www.yorkcounty.gov/parksandrec
or call 757-890-3444 by October 16.**

Face Mask Required • Social distancing • Temperature Checks • Wellness Surveys

