Make a Commitment to Your Health!

Diabetes
ONLINE WORKSHOP
Diabetes Self-Management Program

Join a Free Online Diabetes Self-Management Workshop!

Thursday July 16 at 9:30am-11:30am.

This 6-week online workshop will help you better manage your diabetes and is ideal for folks who are pre-diabetic or care for someone who has diabetes.

This workshop provides an interactive environment where support and success builds your confidence to manage your diabetes and maintain an active lifestyle.
Participants receive a companion book, *Living a Healthy Life With Chronic Conditions*.

Start the day right by taking care of your diabetes and your health.

REGISTER NOW!

Open to folks aged 60+ who live in Monmouth County. Don't worry about transportation or bad weather — this is an online workshop! Class size limited, so register today.

To register: send an email

atarr@scannj.org

Include your complete name, address, and phone.

This workshop is presented by SCAN (Social Community Activities Network)

SCAN
Social Community Activities Network
STAY ACTIVE | STAY HEALTHY | STAY CONNECTED

732.542.1326

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