

Make a Commitment to Your Health!



**Join a Free Online Diabetes Self-Management Workshop!
Thursday July 30 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.

Call Now To Register

732.542.1326

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



732.542.1326
SCANNJ.ORG