

# Make Your Commitment to Better Health!



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

*Choice of morning or evening sessions.  
Meet online once a week for 6 weeks.*

**Mondays: Sep 14-Oct 19**  
**Time: 10am-12pm**

**Thursdays: Oct 8-Nov 12**  
**Time: 6pm-8pm**

## Free Online Diabetes Self-Management Workshops

The workshops build your confidence to manage your diabetes and maintain an active and healthy lifestyle.

Participants receive a companion book, *Living a Healthy Life With Chronic Conditions*.

**Click below to watch a video  
testimonial from Kathy,  
a recent online participant.**



## REGISTER NOW!

Diabetes Self-Management workshops are open to adults aged 60+. Class size limited, so register now.

**Call to register:**

**732.542.1326**

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



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

**732.542.1326**  
**SCANNJ.ORG**