

Take Control of Your Diabetes & Improve Your Health!



Free Online Diabetes Self-Management Workshops

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

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

Mondays: Nov 9-Dec 14

Time: 10am-12pm

Mondays: Nov 9-Dec 14

Time: 6pm-8pm

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

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)



732.542.1326
SCANNJ.ORG