

# Take Control of Your Diabetes & Improve Your Health!



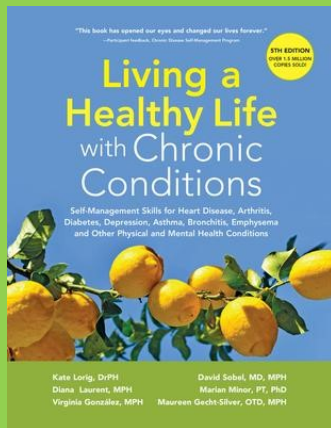
## FREE Online Diabetes Self-Management Workshops

### Call SCAN to Register

*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.*

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

**Take control of your diabetes and your health!**



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."

### Call SCAN Now to Register

# 732.542.1326

Date	Time	Day
Jan 11—Feb 15	6-8pm	Monday
Feb 4-March 11	10am-Noon	Thursday
Feb 18-March 25	6-8pm	Thursday
Feb 23-March 30	2-4pm	Tuesday
March 10-April 14	1-3pm	Weds



Diabetes Self-Management workshops are open to adults aged 60+.  
Online workshop size limited.

**732.542.1326**  
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