

Healthy Living Center of Excellence

Presents

Diabetes Self-Management

This 6-week workshop developed by Stanford University will bring you and your peers together to connect, work together, talk and learn about living healthy with diabetes.



Learn and Explore:

- What is Diabetes
- Menu Planning and Eating Healthy
- The two tests needed to monitor your blood glucose
- The importance of foot care as a diabetic
- How to prevent low blood sugar
- How to manage symptoms
- Use relaxation techniques
- Stress Management
- Feel better and take charge!

Wednesdays

Sept. 25, Oct. 2, 9, 16,
23 and 30, 2024

9:00-11:00a.m.

Port St. Lucie Community Center

2195 SE. Airoso Blvd.,
Port St. Lucie, FL,
34984

To register, contact
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