

## 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

January 22, 29, Feb. 5,  
12, 19 and 26, 2025

9:00am-11:30am

#### St. Bernadette Catholic Church

350 NW California  
Blvd, Port St. Lucie, FL

To register, contact  
Maureen McCarthy:

**772-521-4813**



## Area Agency on Aging

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**Your ADRC Helpline 1-866-684-5885**

