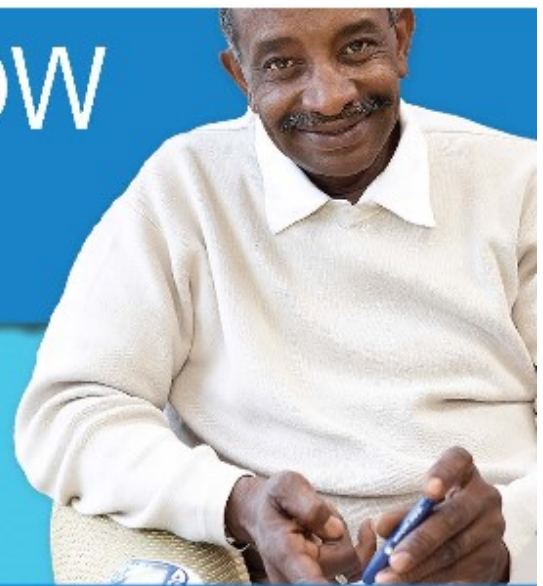


The Time is NOW



Learn to control your **DIABETES**

Sign up today for a 6-Week Workshop

Healthier Living With Diabetes workshops include six different sessions, each covering a new topic. Sign up today and remember to mark your calendars, so you are able to attend all six sessions. A Stanford University Approved Program.

- Meal Planning
- Manage Medications
- Fitness/Exercise
- Healthy Eating and Blood Sugar Levels
- Develop Problem Solving Skills
- Effective Communication with Health Care Professionals

REGISTER by Contacting:

Whitney Senior Center Front Desk at 255-7245



Dates: Thursdays, Starting February 7th (6 weeks)

Time: 9:00 am to 11:30 am

Location: Whitney Senior Center, 1527 Northway Drive, St. Cloud

