



# Living Healthy WORKSHOPS

*“Self-Management Tools 4 Life”*

## DIABETES

*Living Healthy with diabetes workshop  
It's a 6 weeks class totally FREE!!!*

**Date** : Every Thursday  
Sept. 6 - Oct. 11

**Time** : 9:00 a.m. - 11:30 a.m.

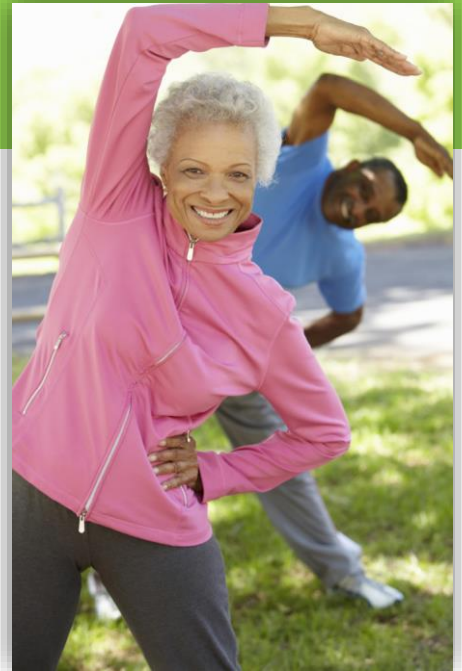
**Location** : Seminole Co. Health Dept.  
400 W. Airport Blvd.  
Sanford, FL 32773

*Spouse/Partner encourage to attend!*

**Registration required**

**Call : 407-514-1806**

**Space is limited**



### Learn to:

- ✓ Manage symptoms, including fatigue and depression
- ✓ Use relaxation techniques
- ✓ Eat healthy
- ✓ Improve communication skills
- ✓ Use medication effectively
- ✓ Monitor your blood sugars
- ✓ Solve problems; set goals
- ✓ Increase self-confidence
- ✓ Feel better; take charge!