



Put life back into your life

LIVING WELL WITH DIABETES

A Program of the Rockland County
Department of Health &
Steps to a Healthier Rockland

Have you or a loved one recently been told by a doctor that you have pre-diabetes or diabetes? Take this class to learn how to make changes in your daily life that can help you stop any serious health problems that diabetes may cause. You can still live a long and healthy life! In this workshop you will learn simple ways to take good care of yourself and manage your diabetes. A variety of topics will be discussed, including:

- Understanding diabetes
- Keeping track of blood sugar
- Eating a healthy diet
- Being more physically active
- Coping with stress
- Dealing with sick days
- Taking care of your skin and feet
- Talking with your doctor
- Setting and reaching goals

This six-week workshop is very practical and will help you take control of your diabetes.

Next class:

Wednesdays, October 5, 12, 19, 26, November 2, 9

Location:

Clarkstown Community Learning Center
62 Old Middletown Rd, New City, NY

Time: 2 to 4 PM

Call 364-2501 for registration information.

