



FREE

Diabetes Self-Management Workshop - Spring 2019

Topics covered include:

- Meal planning and beginning carbohydrate counting
- Label reading
- How to monitor your blood sugar and blood sugar goals
- Diabetes medications and how they work
- Exercising
- What to do when you are ill

Join Registered Dietitian and Certified Diabetes Educator, **Paula Leibovitz**, for a seven-week series that will focus on managing your diabetes and eating well, while following diabetic guidelines. All of the above topics....and much more will be covered!

These classes are interactive, so bring your questions!

When: Fridays, March 22 & 29, April 5, 12, & 26, May 10 & 17
There is no class on April 19 and May 3.

Time: 10:00 a.m. to 12:00 (noon)

Where: West Hartford Senior Center located at 15 Starkel Road

If preferred, an evening workshop is being held at the Hartford Healthcare Medical Group located at 445 Main Street, West Hartford: 6:00-8:00 pm, beginning March 27th.

You do not have to be a patient to attend.

These workshops are FREE and open to all....but pre-registration is required!



For more information or to register, please call the West Hartford-Bloomfield Health District at (860) 561-7595.

This workshop is supported by a grant from the CT Department of Public Health to the West Hartford-Bloomfield Health District

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