



## Virtual Diabetes Self-Management Workshop Spring, 2024, Evening Workshop

- ❖ Topics covered include:
  - Meal planning and label reading
  - Checking your blood glucose and recommended blood glucose goals and A<sub>1</sub>C goals
  - Diabetes medications
  - Exercising, Sick day guidelines and much more

The workshop is for newly diagnosed persons with type 2 diabetes or for those who may need an update on managing their diabetes.

Join Registered Dietitian and Certified Diabetes Education and Care Specialist, Paula Leibovitz, for a seven-week series that will focus on managing your diabetes and eating well while following diabetic guidelines. These classes will be held using ZOOM, but are interactive, so bring your questions!

Dates: **Thursdays, April 11, 18, 25 May 2, 9, 16, 23, 2024**

Time: **Evening Workshop: 6:00 PM-8:00 PM**

These workshops are FREE and open to all....  
But pre-registration is required! Workshop materials will be mailed prior to the start of the workshop.



**For more information or to sign up, please call the Susan at the West Hartford-Bloomfield Health District  
860-561-7909**

