



# Virtual Diabetes Self-Management Workshops

## Winter and Spring 2025

### Day and Evening Sessions

Topics 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

These **free** workshops are for newly diagnosed individuals 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. There are opportunities for questions and comments as we share our virtual learning experience via ZOOM.

- **WORKSHOP 1: Thursday, Day Session**
  - **January 9, 16, 23, 30 February 6, 13, 20, 2025**
  - **Time: 10 am-noon**
- **WORKSHOP 2: Thursday, Evening Session**
  - **January 9, 16, 23, 30 February 6, 13, 20, 2025**
  - **Time: 6:00 pm-8:00 pm**
- **WORKSHOP 3: Wednesday, Day Session**
  - **April 23, 30 May 7, 14, 21, 28, June 4, 2025**
  - **Time: 10:00 am-noon**
- **WORKSHOP 4: Wednesday, Evening Session**
  - **April 23, 30 May 7, 14, 21, 28, June 4, 2025**
  - **Time: 6:00 pm-8:00 pm**

These workshops are **FREE** and open to all.

Choose the workshop that works best for your schedule.

Pre-registration is required! The workshop materials will be mailed prior to the start of the workshop.



For more information or to register, please call or email Susan at the West Hartford-Bloomfield Health District 860-561-7909, [susan.walsh@westhartfordct.gov](mailto:susan.walsh@westhartfordct.gov)

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