

# Living Well with Diabetes Self-Management Workshop

## MIDDLETOWN SATELLITE CLINIC

1:00 p.m. - 3:30 p.m.

This workshop is a six-week program

FACILITATORS:

Joyce Lambright & Maria Vazquez



### SCHEDULE:

- Tues., April 25th – Session 1: Diabetes Overview
- Tues., May 2nd – Session 2: Healthy Eating Plan
- Tues., May 9th – Session 3: Preventing Complications
- Tues., May 16th – Session 4: Nutrition Labels/Endurance Activities
- Tues., May 23rd – Session 5: Communication/Positive Thinking
- Tues., May 30th – Session 6: Planning for the Future

Join us for talks about Diabetes,  
Self-Management, Nutrition, Exercise & Support.

**You are welcome to bring a family member or friend!**

Transportation is Limited. For more information

**707-263-8382** ext. 1620



## Lake County Tribal Health

Modern Medicine  Personalized Care

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