**Want to Take Charge of Your Diabetes?**

***Become a Self-Manager!***



Register for the ***Common Threads*** Workshop!

This six-week workshop is part of the Diabetes Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered *virtually*!

Participants will learn about making a healthy eating plan, managing blood sugar levels, balancing eating, physical activity and medications to prevent problems as well as managing diabetes-specific problems.

**Workshop Details:**

This six-week workshop meets weekly on Wednesdays via Zoom. Participants will receive a Self-Management Tool Kit in the mail at no cost.

**Dates: February 17th, 24th, March 3rd, 10th, 17th, and 24th**

**Time: 10am-12:30pm**

**To register, contact:**

**Lauren Jirinec**

**Health Promotion Specialist**

**(215)765-9000 ext. 5119** **Lauren.Jirinec@pcacares.org**

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