



Central Arizona Aging is hosting a

Virtual Healthy Living with Diabetes Workshop

The Diabetes Workshop is beneficial for Prediabetics, Diabetics and newly diagnosed Diabetics



PINAL COUNTY

The Diabetes Self-Management Workshop will cover healthy eating, menu planning, preventing high and low blood sugar and physical activities to manage blood sugar, improve strength, flexibility and endurance and techniques to deal with stress, depression, fatigue, and preventing and delaying complications.

Virtual workshop meets over Zoom for 2 hours, once a week for 6 weeks

Participants will receive a free *Healthy Living with Chronic Conditions* book

This project was supported by the Administration of Community Living (ACL), U.S. Department of Health and Human Services (HHS) and the State of Arizona Division of Aging and Adult Services (DAAS) and non-governmental source(s). The contents are those of PGCSC and do not necessarily represent the official views of, nor are an endorsement of any funders.

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**WORKSHOP IS
FREE OF CHARGE**

Participation is limited!

Please email maryg@caaging.org or call 1(800)293-9393 by May 23rd to register or for questions.

Dates: Wednesdays, May 28th – July 2nd

Time: 10A.M. – 12 P.M.

