



Central Arizona Aging is hosting a

# Virtual Healthy Living with Diabetes Workshop

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



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



**WORKSHOP IS  
FREE OF CHARGE**

**Participation is limited!**  
Please email [maryg@caaging.org](mailto: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.

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