**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 program will be held on Thursdays via a conference call line. All participants will be mailed a Self-Management Tool Kit at no cost.

**Dates: April 29th, May 6th, 13th, 20th, 27th, and June 3rd**

**Time: 10am – 12:30pm**

**To register, contact:**

**Lauren Jirinec**

**Health Promotion Specialist**

**(215)765-9000 ext. 5119** [**Lauren.Jirinec@pcacares.org**](mailto:Lauren.Jirinec@pcacares.org)

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