



PIEDMONT TRIAD
AREA AGENCY ON AGING

Living Healthy with Diabetes Workshop

This program is designed for adults living with diabetes and teaches techniques for managing symptoms of fatigue, pain, hyper/hypoglycemia, and frustration related to your diabetes.



Every Thursday
January 9th
to
February 13th

More Information :

- Meets once a week for 6 weeks.
- Must be age 60+ with a diabetes diagnosis and Medicare.
- Free "Living a Healthy Life" book
- Sessions with Registered Dietician

Time: 12:00 PM to 2:30 PM. every Thursday for 6-weeks

Where: Caswell County Senior Services
649 Firetower Rd
Yanceyville, NC 27379

To register or for more information call
Christina Peoples at 336-904-0328