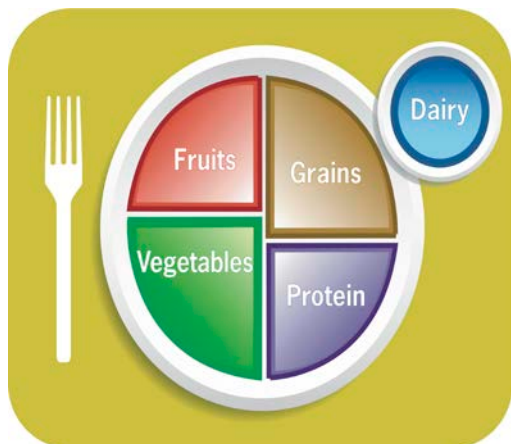


YOU CAN CONTROL YOUR DIABETES

Center in the Park Presents Stanford University's

Diabetes Self-Management Program

**FREE 6 WEEK
WORKSHOP**



**Classes Held Thursdays
September 21, 2017 –
October 26, 2017
Time: 9:00am– 11:30 am**

- Gain the skills, knowledge and confidence to better manage your diabetes
- Learn how to read food labels and plan healthy meals
- Learn how to prevent and delay complications
- Learn how to improve communication with your doctor
- Deal with fatigue, pain, stress and emotions

**To register contact: Fatima Jackson
(215) 848-7722 ex 305 or e-mail:
info@centerinthepark.org**



Center in the Park

5818 Germantown Ave | Philadelphia, PA, 19144 | www.centerinthepark.org