

YOU CAN CONTROL YOUR **DIABETES**

Center in the Park Presents Self-Management Resource Center's

Diabetes Self-Management Program

In Partnership with UPMC *for Life*

FREE 6 WEEK WORKSHOP

Classes Held Thursday

April 19, 2018 –

May 24, 2018

Time: 9:00am– 11:30am



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

Register contact: Fatima Jackson
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PCA

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Center in the Park

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Center in the Park

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