



# Take charge of your health! Join a free “Living Healthy!” workshop!

## “Living Healthy!”

Attend a **FREE** Diabetes Self-Management Workshop and put the *Life* back in your Life! In this six-week workshop you will discover how to:

- Make an action plan and set your own goals
- Eat well and exercise safely
- Cope with pain and fatigue
- Manage stress
- Talk with your doctor

Offered by:



**Everyone is welcome!**

**Dates: For 2019**  
**(6) Thursdays**  
**January 24, 31,**  
**February 7, 14, 21 & 24**

**Time:**  
**10:30am - 1:00pm**

**Location:**  
**Pahokee Housing**  
**(Padgett Island)**  
**899 Padgett Circle,**  
**Pahokee, FL 33476**

**Call 561-844-4220 Ext 2600 or 1500**

**Workshops are limited to 15 people. Pre-register**

