

Living Healthy with Diabetes 6-week Workshop

Feel **BETTER**, be in **CONTROL**, do the things **YOU** want to do.



REGISTER NOW! FREE to ATTEND

**Call Anne Davis at
(716) 373-8032**

Or at www.ceacw.org/find-a-workshop

**Do you have
Diabetes?**

**Are you unsure about
how to best handle this
ongoing
health condition?**

**JOIN US! Discover
fresh, practical ways
to live better &
healthier. Learn the
tools to manage
and take control of
your health.**

FREE 6-WEEK **Living Healthy with Diabetes Workshop**

Dates: April 21, 28 & May 5, 12 & 26, June 2

Time: 1:30-4:00 pm

Location: Salamanca Senior Center
18-20 Main St.
Salamanca, NY 14779

*Participants will receive a FREE Living
Healthy Book and Relaxation CD
www.ceacw.org*

JOIN US