



EMPOWER YOU
TO BETTER CHOICES, BETTER HEALTH

Diabetes

Starting April 24
10:30 AM – 1:00 PM

HIGHLAND HILLS BRANCH LIBRARY
6200 Bonnie View Road
Dallas | TX | 75241

For anyone with diabetes or is a caregiver of someone 60+ with diabetes

Learn about:

- How diabetes affects your body
- Healthy nutrition and exercise
- Monitoring blood sugar
- Relaxation techniques

This workshop is **FREE!**
Bring a brown bag lunch and join us once a week on Tuesdays for 6 weeks

REGISTER WITH MARCELLA MCGOWAN
214.670.0987

Registration closes May 1

For more information, contact a member of the Evidence-Based Team,
empoweryou@ccgd.org | 214.871.5065