

Living with Diabetes Difficult?

We Can Help



Learn ways to manage and take control of diabetes through the nationally recognized Diabetes Self-Management Program, originally developed at Stanford University.

This free, 6-week program will share topics, such as the importance of monitoring blood sugar, the benefits of healthy eating and exercise, the power of positive thinking and much more. Join today and gain the tools to help yourself or a loved one take charge of diabetes!

Registration is EASY!

Call **1-877-THR-WELL (1-877-847-9355)** or go online to TexasHealth.org/Classes.

When

Thursdays
11:00 AM - 1:30 PM
April 18 through May 23, 2019

Where

Forest Green Branch Library
9015 Forest Lane
Dallas, TX 75243

