

Workshop Location:
Elizabeth Library
Community Meeting Room
651 Beverly St.
Elizabeth, CO 80107



FREE Benefit for Elizabeth & Nearby Communities!

Prediabetes and Diabetes Self-Management Classes!

These *free* small group education workshops will be offered locally at the Elizabeth Library. Classes are led by trained facilitators who have diabetes. They are interactive & *build upon* one another.

Attend at least 4 of 6 classes to receive a free goodie bag!

SIX-WEEK CLASS SERIES

Every Thursday!

First class: 5/31/2018

Last class: 7/5/2018

1:30 pm – 4:00 pm

All class dates: 5/31/18 6/7/18 6/14/18
6/21/18 6/28/18 7/5/18

Topics include:

- Balancing blood sugar
- Meal guidelines & planning
- Decision-making skills
- Ideas for safe exercising
- Reading food labels
- Dealing with depression & stress
- Many other management tips!

Call Meredith Koob with questions or to register: (303) 260-9346

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