

Living a Healthier Life with *Diabetes*

An evidence-based approach to managing diabetes as an older adult.
Researched by Stanford University and found to improve quality of life.

Make **2019** the year you manage your health instead of it managing you!

Learn about Exercise, Nutrition,
Action Planning, Mindfulness, and more!
Receive a free book and CD too!

*Join us on
March 4, 2019 at 10:00 a.m.
to learn more!*

Southern Blair Senior Center
15229 Dunnings Highway in East Freedom

Diabetes Self-Management Workshop
March 4 through April 15

Join us for this free, 2.5 hour workshop one day per week for six weeks. Individuals and caregivers of people with chronic diseases age 60 and older welcome at no cost.

To register, please call Aubrey
Lidwell at 814-946-1235.



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