

Diabetes? YOU CAN MANAGE.



Are you living with or caring for someone with diabetes?
Enhance your skills and ability to manage your diabetes.
JOIN US!

Living Healthy NY with Diabetes

A **FREE** six-week workshop series for those who want to learn how to better manage and maintain an active and fulfilling life with diabetes.

Caregivers welcome.

Want to learn more? JOIN US!

Next Workshop:

Town Community Center

(Formerly JCC Building at Lower Grandview Ext.)

Thursdays at 2:00 pm

starting on October 30th for 6 wks

For details contact: Health on Demand at
607-737-4499 or 800-952-2662