

**Tuesdays**  
**9-11:30am**

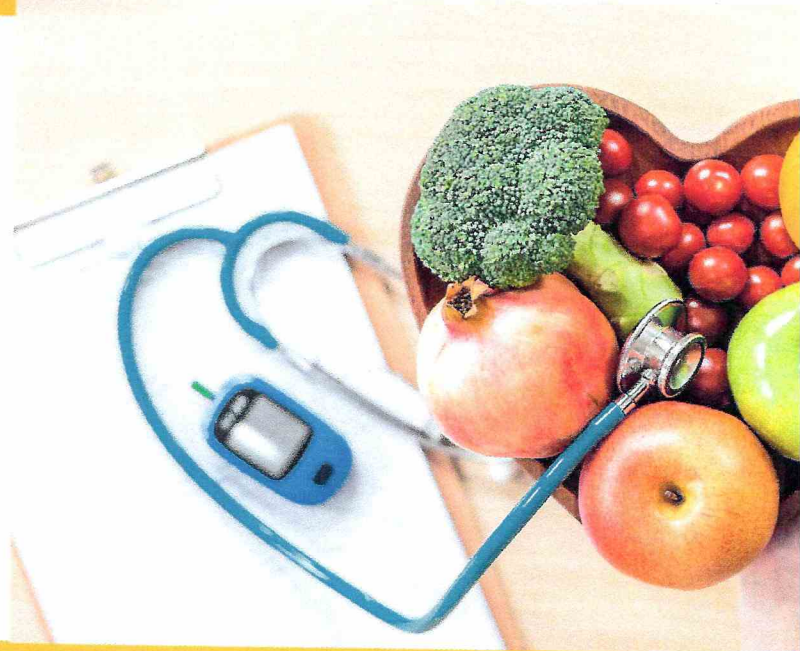
**Starting**  
**October 1**  
**6 weeks**

**Schuyler County**  
**Health Department**

# LIVING HEALTHY WITH DIABETES

## ABOUT THE PROGRAM

Living a healthy life with diabetes can be a daily challenge, but we can make small changes to our routines, habits and physical activities that will greatly reduce the burden.



## WHAT YOU'LL LEARN

- ✓ Making health food choices and plans
- ✓ Increasing physical activity
- ✓ Preventing or delaying diabetes complications
- ✓ Developing action plans to improve your health and wellbeing



Call 660-457-3469 to register