

Knowledge, Skills & Confidence

You CAN live a healthy life with Diabetes

Diabetes Self-Management Program



- Enhance daily activities
- Learn skills needed for the day-to-day management of Diabetes
- Communicate effectively with your health care team
- Take action and live a healthy life!

FREE Six-Session Workshop for Adults with Diabetes
Family Members and Friends Welcome

TIME/DATES: Sundays, September 16 to October 28, 2018
1:00pm to 3:30pm

LOCATION: Walnut Grove Community Centre, Room 5
8889 Walnut Grove Drive, Langley, BC

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
www.selfmanagementbc.ca



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