



DIABETES MANAGEMENT EDUCATION EVENT

**New Fairfield Senior Center
October 14 • 1:30 PM**

Take Charge of Your Health and Learn Practical Strategies for Diabetes Self-Management

Topics Include:

- Understanding blood sugar management
- Healthy eating and nutrition tips
- Physical activity recommendations
- Medication adherence
- Preventing diabetes-related complications
- Everyday self-care strategies

Who Should Attend?

Individuals living with diabetes, caregivers, family members, and anyone interested in diabetes prevention and wellness.

FREE COMMUNITY EDUCATION PROGRAM