

1. Do you have Type 2 Diabetes?
2. Do you want to better manage your symptoms?
3. Would you like to take better control of your health?

**If you answered yes to these questions
... take our workshop**

LIVING WELL WITH DIABETES

"Living Well with Diabetes" is a FREE six-session workshop presented by the Rockland County Department of Health. Gain the skills you need to better manage your type 2 diabetes and improve the quality of your life.



DATE: Wednesdays, April 22 to June 3, 2020

TIME: 10:00 AM to 12:30 PM

PLACE: Nanuet Public Library
149 Church Street
Nanuet, NY 10954

Pre-registration is required.

To register, call RCDOH at 845-364-2500.