

Self-Manage Your Diabetes!

You can learn how!

The **Diabetes Self-Management Workshop** is an award – winning program developed by **Stanford University**** to help people with diabetes learn how to manage their symptoms better and to live happier, healthier lives!



Shingletown Medical Center was awarded a **Mercy Medical Center Redding Community Grant** to assist with funding and present these workshops. We are pleased to make this program available in our area.

- Who Should Attend:** Adults, with diabetes, 18 years of age and over
Family and friends of someone with diabetes
- When:** Thursday afternoons—May 31st through July 5th 2018
- Time:** 2:00pm to 4:30pm
- Where:** Black Butte Elementary School, Room #20
- What is the cost:** All books and materials are **FREE!**

- Got Questions:** Contact Shingletown Medical Center Staff
Kelly Bullan: (530) 474-4220
email: kbullan@shingletownmedcenter.org
Dori Potter: (530) 474-1350