

The tools you need **to take back control.**



## Living Well with Diabetes

This 6-week workshop series is held **Fridays** from **November 16th** through **December 28th (no class November 23rd)** from **time 9 am—11:30 a.m.** at **DFD Russell Leeds** located at **180 Church Hill Road, Leeds, ME.** Living Well with Diabetes is focused on helping participants manage their Type 2 Diabetes and symptoms and is taught by trained community members, many of whom have diabetes themselves. This Living Well workshop series is one of the many classes included in our CSDME Network.

Through this proven program originally developed by Stanford University and supported by Spectrum Generations, participants have reported less pain, more energy and fewer hospitalizations. We will be giving you the tools and tips you need to manage your Type 2 Diabetes, live a healthier life, and to take back control.

**SIGN UP by contacting SeniorsPlus at 1-800-427-1241 | [info@seniorsplus.org](mailto:info@seniorsplus.org)**

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