

Learn to live **FREELY** with diabetes in the New Year!



The start of the New Year is a great time to focus on your health. Get support with others who understand what it's like to live with diabetes or prediabetes by joining a local **Diabetes Self-Management Workshop**. You may be eligible to **receive free meals** while participating in the workshop!

That's right—you may be eligible for **free, nutritious meals delivered directly to your home** by Project Angel Heart. For those who already receive Project Angel Heart meals, these workshops can help you better manage your diabetes or prediabetes.

Learn tips to help you:

- ☑ Control your blood sugar
- ☑ Read food labels and exercise safely
- ☑ Deal with emotions and stress

People aged 65+ with diabetes or prediabetes and their families are welcome at these **free workshops**. Graduates will receive tools and resources to promote diabetes self-management skills. The support you receive from your fellow classmates and workshop leader will bring you better health in 2019!

For more information about the classes or to register, talk to:

Meredith Koob | 303-260-9346 | mkoob@telligen.com

Workshop:

Fridays

January 11 - February 15
1-3:30 p.m.

Location:

Project Angel Heart
4950 Washington Street
Denver, CO 80216

Other class days, times and locations available! Please contact Meredith Koob for more information.

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