

“For Your Family”

Diabetes Education Program

This is a fun, activity-based, educational program about the prevention and management of diabetes designed by the ADA.

Materials are included and the workshops are free.

Glucose screenings will also be included.



Program is being co-sponsored with the



Workshops

May 21st from 10am to 11:30am
Power Over Diabetes

This class will cover what you need to know about diabetes, how to reduce the risk and manage the disease.

May 28th from 10am to 11:30am
Health and Flavor in the Kitchen

This class teaches you how to prepare healthier foods and about correct portion sizes.

June 4st from 10am to 11:30am
Keeping the Whole Body Healthy

This class will teach us how diabetes can complicate all parts of the body including the eyes, feet and mouth and how to avoid this from happening.

June 11th from 10am to 11:30am
Healthy Mind, Healthy Body

In this class, we will learn how mood can be affected by diabetes and vice versa. A relaxation activity to deal with stress ends the session and the series.

**All workshops will be held at
Interfaith Food Pantry
2 Executive Drive Morris Plains**

Client's members and the community are welcome!

Registration is required by calling
973-538-8049



**Morristown
Medical Center**
ATLANTIC HEALTH SYSTEM