

DIABETES WORKSHOP

Do you have or know someone who has diabetes or pre-diabetes?

We are offering FREE Diabetes Self-Management Education (DSME) Classes.

Sponsored by the Richmond Senior Center

About Our DSME Classes

- **2 ½ hours in length**
- Held once a week for 6 consecutive weeks (**July 4th excluded**)
- Walk around and stretch during breaks
- Water and snacks included
- Some classes may even provide lunch or dinner
- All of our classes, provided materials, food and water are free of charge
- Brainstorming sessions allow participants to learn from leaders and each other

Funded partially by your Medicare dollars

We cover many topics important to staying healthy

- Shopping for healthy food · Reading food labels
- Cooking healthy meals
- Preventing risks and complications
- Adding fun activities to your daily routine
- Reducing stress

Call: Vicki (401-528-3292) or Joyce (401-528-3268) for more information

6 week Diabetes Workshop

Classes will begin on **June 6, 2018**

From 1:00pm to 3:30pm

Ending on **July 18, 2018** (July 4th excluded)

Registration required

Call the Senior Center to register—**401-491-9404**

A light lunch will be served at 12:30pm