



Everyone with Diabetes Counts

DIABETES EMPOWERMENT EDUCATION PROGRAM

The Diabetes Empowerment Education Program is for **people aged 60+** living with diabetes or pre-diabetes and who want to make small lifestyle changes while learning about diabetes and the way it affects your health. Have fun while learning how to manage diabetes and prevent complications. Workshops are interactive and involve demonstrations and other engaging activities for group learning. Join and enjoy the benefits of a healthier, more energetic lifestyle!

To participate, you must:

- Be 60 years of age or older
- Have diabetes or pre-diabetes

Topics include:

- What is Diabetes?
- Can I Still Eat Mangoes?
- Move It - Get Your Cha-Cha On
- Diabetes Medicines, Herbs, and More
- Keep Your Diabetes in Check
- Eyes, Teeth, Toes, and Feet - What You Need to Know

Location: Jewish Community Alliance

WHERE: 8505 San Jose Blvd. Jacksonville, FL 32217

WHEN: Tuesdays, April 19, - May 24, 2022

TIME: 12:00 -2:00 p.m.

Registration and Information:

Call: Northeast Florida AHEC

904.482.0189, or



SCAN ME

