Do you have diabetes? *Join the **FREE***

Diabetes Self-Management Program

for people 60 and over or who are disabled!

You will learn…

- Ways to prevent or delay diabetes complications.
- Techniques to manage blood sugar.
- Practical ways to cope with stress, depression, anger, and frustration.
- Strategies for sick days.
- Nutrition and exercise tools.
- How to talk about your health.

The workshop provides the support you need to maintain or improve your quality of life!

Location: **Mary Singleton Senior Center**
150 East 1st Street
Jacksonville, FL 32206

When: Mondays, April 21st - June 2nd, 2025

Time: 9:30 am – 12:00 pm

Class meets once a week for 6 weeks. No class on 5/26 for Memorial Day holiday.

Please Pre-Register: *(limited seating)*

Contact Martinique Glover onsite or call

Northeast Florida AHEC

at 904-482-0189

Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The programs listed are offered onsite, at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.

Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs.