



LIVING WELL WITH DIABETES

IF YOU LIVE WITH DIABETES and would like to improve your health and well-being, this class is for you!

Participants make weekly action plans, share experiences, and help each other solve problems as they carry out their self-management programs. Family members, friends, and partners are welcome.



Mon, June 15 - July 20
12:30-3:00 pm
In Person @ Whitney



Register at whitneywellness.org

Email: whitneyseniorcenter@ci.stcloud.mn.us

Phone: **320-650-3082**



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