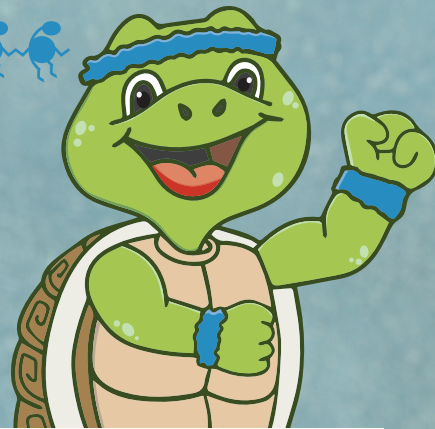


Diabetes Among Friends for Seniors



This 5-week program helps those who are living with diabetes, and those who care for them, to better manage their condition. Each week, over two afternoons, we explore a different area that will help you live better with diabetes.

Mondays, August 4-25
Tuesday, September 2

10:30 a.m.- Noon
10:30 a.m.- Noon

Ske:g Himdag Ki – Senior Room
September 2 includes a graduation celebration!
Light lunch included.

Aug. 4 – Understanding Diabetes
Aug. 11 – Eating for Health
Aug. 18 – You & Your Medication
Aug. 25 – Maximizing Movement
Sept. 2 – Living Well with Diabetes

For community seniors 55+ and adults with adaptive needs

Limit 15. Signup by Friday, July 30.
Mention if transportation is needed.
480.876.7180 or celinda.joe@srpmic-nsn.gov



Diabetes Prevention Services

SENIOR SERVICES
SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY

