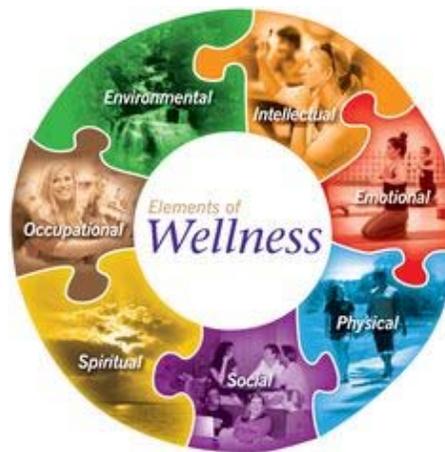




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Avon Senior Center

Live Well *Diabetes Workshop*



Live Well Diabetes Workshop at Avon Senior Center on April 15, 22, 28 & May 13, 19, 26 from 10-12:30. The fantastic instructor is Justine Ginsberg, BSN, RN, *Community Health Coordinator*, Farmington Valley Health District. Space is filling up fast, so reserve your spot! Live Well Diabetes is a workshop series meeting weekly for six weeks and cover topics such as techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; exercise, healthy eating, communication, and much more.

Live Well leaders assist participants to feel more in control of their lives and help build their self confidence in managing their chronic diseases through positive role modeling and facilitating Live Well workshops. Please call the senior center at 860-675-4355 to sign up.



*Avon Senior Center
635 West Avon Road
Avon, CT 06001
860-675-4355*