

FREE 6-week workshop on

# Living Healthy with Diabetes

Feel BETTER, be in CONTROL, do the things YOU want to do.



**Do you have Diabetes?** Are you unsure about how to best handle this ongoing health condition?

**JOIN US!** Discover new, practical ways to live better & healthier. Learn the tools to manage and take control of your health.

**Workshop Dates:** Wednesdays -- 6:00pm to 8:30pm  
May 11, 18, 25 & June 1, 8, 15

**Location:** **Smithtown Library**  
One North Country Road, Smithtown, NY 11787

**REGISTER NOW, classes are filling quickly!**  
**FREE to ATTEND once registration is confirmed.**

Call Jane Juran at Cornell Cooperative Extension of Suffolk County 631-727-7850 ext. 340  
Please leave a message and someone will get back to you to confirm registration.

or visit: <https://www.ceacw.org/find-a-workshop>

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.



**Cornell University**  
**Cooperative Extension**  
**of Suffolk County**  
Family Health and Wellness Program

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

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