

DIABETES WELLNESS WORKSHOPS

at Littleton Regional Healthcare

Learn the basics of managing your care and meet other people with diabetes. Our program meets the AADE standards for diabetes education and is presented by a Certified Diabetes Educator.

The following workshops will run:

**1:00–3:30pm at LRH
Conference Room Board Room**
*2nd floor across from the
Women's Health Clinic*



May 7	Introduction to Diabetes & Healthy Eating
May 21	Being Active & Healthy Coping
June 11	Taking Medication & Monitoring
June 18	Problem Solving & Reducing Risks for Complications

HOW DO I SIGN UP FOR THE WORKSHOPS?

You must register to attend. Space is limited so call early.

Program details available from Lucy Gordon, RN, CDE, at (603) 444-9323 or visit littletonhealthcare.org. Attendance requires a provider referral.



Littleton Regional
Healthcare

600 St. Johnsbury Road, Littleton, NH 03561 | 603.444.9000

littletonhealthcare.org