

# Take Charge of Your Diabetes Informational Session



Join us for this information session and group activity that introduces the Take Charge of Your Diabetes program and different techniques to help you to better manage diabetes such as Monitoring, Healthy Eating, Medicament Management and many more.

**Village of Schiller Park**  
4501 N. 25<sup>th</sup> Avenue  
Schiller Park, IL 60176

Friday, September 13, 2019

9:30AM-10:30AM

To register call Mary Maltese at (847)678-8765 or email at [seniorservices@schillerparkil.us](mailto:seniorservices@schillerparkil.us)

*This workshop has been made possible by the Schiller Park Mayor Nick Caiafa and the Village Board of Trustees*

