

Take Charge of Your Diabetes



Join us for a six-week interactive workshop designed especially for individuals with pre-diabetes or diabetes to learn skills and tools in self-management.

Village of Schiller Park

4501 N. 25th Avenue
Schiller Park, IL 60176

Fridays

09/27/2019 – 11/01/2019
9:30AM-12:00PM

Topics covered:

Monitoring
Healthy Eating
Menu Planning
Medication Management
and many more!

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



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