

Simplify Your Diabetes Diagnosis



Diabetes Education

Attend an interactive workshop that gives you tools to manage your diabetes no matter what life throws at you!

Upcoming Workshop:

(Workshop meets once a week for six weeks)

Wednesdays
October 10, 2018 –
November 14, 2018

1:00p – 3:30p

In this interactive workshop you will learn to:

- Develop an eating plan
- Read food labels
- Reduce stress
- Avoid complications



Eaglecrest Healthy Aging
3215 Eaglecrest Drive NE
Grand Rapids, MI 49525

Registration required

For more information or to register contact the Healthy Aging Department
(616) 588-2580 | healthyaging@aaawm.org

ATTEND AND RECEIVE:

\$5.00 off your next fitness
class punch card
(EnhanceFitness, Tai Chi,
Zumba Gold or YogaFit)

ATTEND AND RECEIVE:

\$5.00 off your next Nutrition
appointment with our
Registered Dietitian