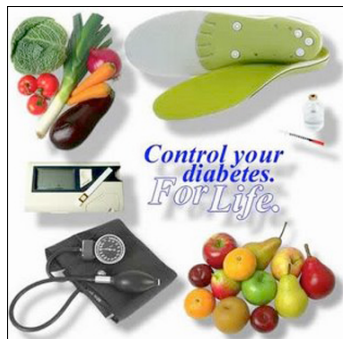


**Pomperaug Health District
and Brownstein Jewish Family Services**
present a

Diabetes Self Care Program

A multi-session program designed specifically for the needs of diabetics



Participants will learn specific skills to reduce the risk of complications from diabetes

Taught by

Patricia Casey, MSN, APRN, CDE

Paula Kellogg, MS, RD, CDE

Melissa Corriveau, PT, MS, DPT

Program is open to adult diabetics

Family members are welcome to attend with participants

Program Schedule:

Session 1	Wednesday, May 4	2:00 PM – 4:00 PM
Session 2	Wednesday, May 11	2:00 PM – 4:00 PM
Session 3	Wednesday, May 18	2:00 PM – 4:00 PM
Session 4	Wednesday, May 25	2:00 PM – 4:00 PM
Session 5	Wednesday, June 1	2:00 PM – 4:00 PM
Session 6*	Wednesday, June 15	1:00 PM – 4:00 PM
Session 7	Wednesday, June 22	2:00 PM – 4:00 PM
Session 8	Wednesday, June 29	2:00 PM – 4:00 PM

The classes will be held at the
Jewish Federation, 444 Main Street North, Southbury

* Session 6 will be held at a local supermarket

No Cost.

Space is limited. Participants must sign up.

Please call:

Pomperaug Health District, 203 -264-9616, ext. 0