



6-WEEK WORKSHOP

Diabetes Self-Management Program

If you have diabetes or prediabetes, please join us!

Meet others going through similar experiences and learn about healthy eating, exercise, preventing complications, medication management, and more!

Participants will receive a free book and completion certificate.

Information Session:
March 26, 1–2 PM

Sessions Every Tuesday
April 9 – May 14, 2024
1:00–3:30 PM

North Edison Branch Library
777 Grove Ave, Edison, NJ 08820

Registration is required.
Please register using the QR code here or visit the Edison Public Library events page at shorturl.at/centR.

