

Diabetes Self-Management Workshop

December 20, 2018 10:28 am

Address:

6299 Capri Drive, San Diego, USA 92120

Workshop Date: Waitlisted Class

Description:

County of San Diego Health and Human Services Agency, Aging & Independence Services (AIS) is offering free workshops for individuals with diabetes. Classes are offered all over the County of San Diego! They are held once a week for six consecutive weeks. Each class is 2.5 hours long with a 20-minute break in the middle. They are peer-led, very interactive and engage participants in action planning on their own diabetes management and wellness goals. People who have gone through the workshop say they have increased control of their blood sugar and reduced fatigue. Those with diabetes or family members or caregivers of someone with diabetes are all welcome to attend. For more information call (858) 495-5500 or visit HealthierLivingSD.org.

PLEASE NOTE: Tickets are not required, registering occurs in-person on the first day of the workshop (2/21).

County: San Diego

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Map

