

Living Healthy with Diabetes Workshop

This program is designed for adults living with diabetes and teaches techniques for managing symptoms of fatigue, pain, hyper/hypoglycemia, and frustration related to your diabetes.



Every Tuesday

October 7, 2025
to
November 11, 2025

More Information :

- Meets once a week for 6 weeks.
- Must be age 60+
- Free "Living a Healthy Life" book

Time: 1:00 PM - 3:30 PM every
Tuesday for 6-weeks

Where: Bethel United Methodist
6258 Park Springs Rd.
Pelham, NC 27311

To register or for more information call
Donna Patterson at 629.395.7573