



CELEBRATING

50
YEARS



Want help with self managing your diabetes, chronic disease, or pain?

In our FREE online or phone workshops, you will learn tips for:

- healthy eating
- how to deal with frustrations, fatigue and isolation
- exercise for maintaining and improving strength and flexibility
- improving communication with family, friends and doctors
- setting goals, and more!



Matter of Balance August 10th—October 5th
on Tuesdays from 1-3:30 p.m. via Zoom
Email melanmoon@gmail.com to register