

*Somerset County Library System of New Jersey*

# Diabetes Self Management Workshop

**Join Us To Take Control of Your Health**

***Mondays: March 7 thru April 11***  
***11:15 AM - 1:45 PM***

A six-week workshop for people with Type 2 Diabetes, or their caregivers. During the workshop you will learn:

- \* How to manage your symptoms;
- \* How to get started with health eating and exercise;
- \* How to communicate effectively with you doctor;
- \* How to manage fear, anger and frustration; and
- \* How to make daily tasks easier.

***Presented and sponsored by the Somerset  
County Office On Aging and Disability Services***

Registration Required



MANVILLE LIBRARY, a branch of SCLSNJ  
100 South 10th Ave., Manville, NJ 08835  
(908) 722-9722 Visit [SCLSNJ.org](http://SCLSNJ.org)