



# Diabetes Workshop: Survival Skills

For those newly diagnosed with diabetes, or new enrollees who have existing diabetes.

**Topics include: managing blood glucose levels, insulin resistance, medications, preventing hypoglycemia, nutrition and more.**

- You must register to attend! Sign up online at [ManateeYourChoice.com](http://ManateeYourChoice.com) or contact Florey Miller, Diabetes Educator at 941.748.4501 ext 6410 or [fmiller@manateeyourchoice.com](mailto:fmiller@manateeyourchoice.com)
- This workshop requires a \$25.00 co-pay. Pay online when you register with credit card or YourChoice gift certificate, or pay at the door with cash or check.
- Attendance at both sessions of the workshop is mandatory.

Session One	Session Two	Time	Location
Monday, January 9	Wednesday, January 11	5:30p - 7:45p	Central Library - 1st Floor 1301 Barcarrota Ave, Bradenton, FL 34205
Monday, April 3	Wednesday, April 5	5:30p - 7:45p	Central Library - 1st Floor 1301 Barcarrota Ave, Bradenton, FL 34205
Monday, July 17	Wednesday, July 19	5:30p - 7:45p	Central Library - 1st Floor 1301 Barcarrota Ave, Bradenton, FL 34205
Monday, August 21	Wednesday, August 23	5:30p - 7:45p	Central Library - 1st Floor 1301 Barcarrota Ave, Bradenton, FL 34205
Monday, October 23	Wednesday, October 25	5:30p - 7:45p	Central Library - 1st Floor 1301 Barcarrota Ave, Bradenton, FL 34205

Single Session	Time	Location
Saturday, June 10	11:30a - 4:30p	Central Library - 1st Floor 1301 Barcarrota Ave, Bradenton, FL 34205

Note: This Workshop is no longer available as a Qualifying choice to members who have taken it previously.



For More Information Contact: Florey Miller  
941.748.4501 x6410 | [fmiller@manateeyourchoice.com](mailto:fmiller@manateeyourchoice.com)

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