

DIABETES GARAGE



DIABETES SELF-MANAGEMENT FOR MEN

TUESDAYS @ 10:00 AM
STARTING APRIL 18, 2023

LOCATION: 3014 RIVAS ST
THE NEIGHBORHOOD PLACE

TO REGISTER CALL OR EMAIL

☎ 210-358-6216
✉ ATRAN@CFHP.COM

The Diabetes Garage is a four week workshop series specifically designed for men who have diabetes. The curriculum uses examples of car maintenance and automotive care to describe how men with diabetes should take care of their bodies. The goal of the program is to help you better manage your symptoms and to help you live a strong life.

TOPICS COVERED INCLUDE:

- Managing symptoms
- Medication use
- Increase physical activity
- Working with your doctor



METROPOLITAN
HEALTH DISTRICT

For more information
scan the QR code:



Space is limited. Register today.