DIABETES GARAGI



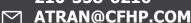
TUESDAYS @ 10:00 AM STARTING APRIL 18, 2023

LOCATION: 3014 RIVAS ST THE NEIGHBORHOOD PLACE

TO REGISTER CALL OR EMAIL



210-358-6216



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



For more information scan the QR code:



